



# **PREFERRED FUEL SOURCES FOR ACTIVE ADULTS**

**Micro and macronutrient composition of meals is essential to performance and recovery. If you are concerned about what to eat as you prepare to hit the gym, log miles, or just be at your best during the day, this list will help!**

**I have compiled this guide of nutrient dense fruits, vegetables, proteins, carbohydrates and fats so you can build meals and snacks with the highest quality foods, and to help you incorporate new foods to better fuel yourself and family.**



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## Best Vegetables for Active Adults

Vegetables contain micronutrients like vitamins, minerals, phytonutrients and antioxidants. These compounds are essential for health, reduced inflammation and recovery. They also contain soluble and insoluble fiber which are both important for digestive health!

***Aim to get 3-4 cups of fresh vegetables per day, and as many different colors as possible!***

- **Mixed Greens:** spinach, arugula, kale, romaine lettuce, bok choy, collard greens
- **The Cruciferous Family:** Broccoli, brussels sprouts, cabbage cauliflower, asparagus
- **Salad Vegetables:** bell peppers, celery, tomatoes, cucumbers, and radish
- Carrots, parsnips, sweet potatoes, yucca, and turnips
- **Autumn Squash:** delicata squash, spaghetti squash, butternut squash and acorn squash



# Best Carbohydrates Sources for Active Adults

Carbohydrates (Starches & Fruit) are essential sources of energy for both your brain and body and will help fuel your performance throughout the day and during exercise. Portion control is critical and should be based on your own individual needs. Every portion listed below is =15g of total carbohydrates.

## Starches

- 1/3 cup cooked of ancient grains like farro or quinoa or whole grains like pasta and brown rice
- 1/3 cup of uncooked rolled oats or ¼ cup steel cut or Irish oatmeal
- 5oz of cooked butternut squash or acorn squash
- 3oz of sweet potato
- 1.5 cup of cooked spaghetti squash
- ½ cup of cooked lentils
- ½ cup of cooked beans (like chickpeas, red beans, black beans, etc...)
- 1 slice of whole grain or sourdough bread
- ½ cup of organic, non-GMO corn or peas
- 1 cup of raw beets (roughly 2/3 cup of roasted beets)

## Fruits

- 1 cup of fresh berries (blueberries, blackberries, raspberries, and strawberries)
- 1 large kiwi
- 1 medium (size of a baseball) apple
- 1 large mandarin orange (or two very small)
- ½ Grapefruit or a medium size orange
- 1 small banana
- 1 cup of fresh melon (honeydew or cantaloup)
- 1 cup of tart or dark cherries
- ½ cup of fresh cut pineapple, mango or papaya



# Best Protein Sources for Active Adults

Protein is an essential source and supports everything from muscle growth, development and repair to immune system function and proper enzyme and hormone production. Aim to include a high quality source of protein at every meal along with another serving of protein, 30-90 minutes following exercise to ensure proper recovery from exercise.

*Each portion listed below has roughly 6-7g of protein per serving. Please adjust portion size in relation to your personal needs*

- **1oz of cooked game meats (grass-fed/ organic is preferred)**
  - Examples: Elk, Bison, Venison, Wild boar & Yak
  - Find these direct from farmers online or at your local butcher or farmers market
- **1oz of fish & seafood (wild caught or organically & sustainable farmed is preferred)**
  - Examples: Salmon, rainbow trout, arctic char, seabass, cod, halibut, tuna (if canned look for sustainable sourced/ mercury tested), shrimp, mussels, and crab
- **1oz of poultry**
  - Examples: Chicken breast, chicken thigh, ground turkey, turkey breast
  - 1- medium to large chicken egg
  - Look for free range chicken and organic eggs or buy from local farmers when able
- **1oz of Lean Beef (grass-fed/ organic is preferred)**
  - Examples of leaner cuts include filet, flank steak, skirt steak, 93/7% ground or better
- **½ cup of cottage cheese or plain Greek yogurt**
  - These normally contain closer to 10-15g of protein in a ½ cup serving
  - Unsweetened organic varieties are preferred
- **1 scoop of high-quality whey protein powder**
  - Preferred Brand: Thorne Labs Whey Protein or 1st Phorm Phormula 1 Whey protein
  - Unflavored protein powder: NAKED Whey Protein
- **Complete Vegetarian Protein Sources**
  - Tofu/ Edamame/ Tempeh
  - Vegan Protein Powder: Thorne Labs Whey Protein or 1st Phorm Phormula 1 Vegan protein

## Best Fat Sources for Active Adults

Including healthy fats at meals not only helps you stay full and energized throughout the day but they also help reduce inflammation which speeds recovery from exercise and training. Healthy fats are also critical for keeping your heart and brain functioning properly which can impact the health of your youth athletes for years to come.

Again, portion control matter since these foods pack a punch calorically. You can have more than the serving sizes recommended below but just ensure they are working with your calorie needs as well

- **Mixed nuts**: ½ to 1oz is recommended: almonds, cashews, pecans or walnuts, macadamia, pistachios
- **Seeds**: 1-4 Tablespoons: sunflower seeds, pumpkin seeds, flaxseed, chia seeds, hemp seeds
- **Nut Butter**: 1 tablespoon of peanut butter, almond butter or any nut or seed butter
  - Look for varieties with no added sugars or oils
- ¼ to ½ of a medium **avocado**
- **Oils**: 1 teaspoon of olive oil, avocado oil
- 1 teaspoon of butter, ghee, or tallow
- **Cheese**: ½ to 1 ounce of organic hard cheese like cheddar or provolone or soft cheese like mozzarella, feta, and goat cheese

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