

## WHY FAT, FIBER & PROTEIN?

“It’s not the beauty of a building you should look at; it’s the construction of the foundation that will stand the test of time.”

In building a house or any structure, we all understand that in order for the building to withstand the test of time, you need a solid foundation. Now take that analogy and apply it to your nutritional health. What can you learn and apply in your nutrition plan today that will affect every aspect of your health now and in the future?

The answer: Fat, Fiber and Protein.

How to apply Fat, Fiber, and Protein are the building blocks of your nutritional health. Every time you eat a meal or snack, incorporate this concept to build a healthy nutritious meal.

The importance of Fat, Fiber, and Protein is not fully realized through their individual macronutrients. It’s the combination when these three type of foods are eaten together that creates a healthful, fulfilling, and satisfying meal or snack. It’s the combination of these three that also contributes to having more energy, healthier meal frequency, avoiding late night cravings, balancing your hormones, improving your blood sugar and insulin sensitivity, and the list of benefits goes on and on.

## FAT

- Why Fat? Fat is one key ingredient to building nutritional health.

No longer is the day where low-fat is considered healthy. Low-fat diets are actually now shown to cause more harm than good! Frustrating, I know.

The quality of fats is what we want to bring our attention to when incorporating fats into every meal and snack. The human body utilizes fatty acids for everything from building cell membranes to performing key functions in the brain, eyes, and lungs.

[View Fat Food List.](#)

# FAT - Food List

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Fat Myths: Fat-free means healthy! All fats are equal and equally bad for you! Low-fat diets are healthy and key to weight-loss.

## UNHEALTHY FATS! Trans Fats

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Cookies	Doughnuts	Microwave popcorn
Crackers	French fries	Tortilla chips
Cakes	Fried chicken	
Muffins	Chicken nuggets	
Pie crusts	Fried taco shells	
Pizza dough	Cake mix	
Some breads like hamburger buns	Pancake mix	

## HEALTHY FATS!

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### Nuts, Nut Butters, Seeds

Walnuts	Hazelnuts	
Macadamia nuts	Pumpkin seeds	
Pecans	Brazil nuts	
Pine nuts	Sunflower seeds	
Cashews	Almonds	
Pistachios	Coconut	
Sesame seeds	Peanuts	
Chia seeds		
Ground Flaxseed		

### Oils

Extra Virgin Olive oil	Salad Oil, medium to low heat cooking	
Unrefined Virgin Coconut Oil	High heat cooking, replace for butter	
Red Palm Oil	High heat cooking,	



Fish oil		
Flaxseed oil	Salad Oil	
Walnut Oil	Salad Oil	Not for daily use
Avocado Oil	High heat cooking , Salad Oil	
Macadamia Nut Oil	Salad Oil, Low heat cooking	
Olive oil	Salad Oil, low heat cooking	
Sesame Oil	Salad oil, add to dish after cooking	Not for daily use
Peanut Oil	High heat cooking	Not for daily use
Sunflower Oil	Flavorless	Avoid if possible
Grapeseed Oil	High oxidizing potential	Avoid if possible
Canola Oil	Fake Oil, usually rancid on the shelf	Avoid
Corn Oil	GMO, highly processed	Avoid
Soy Oil	GMO, highly processed	Avoid

### **Fatty Fish**

Wild-caught Salmon	Red snapper	
Halibut	Rock fish	
Herring	Striped bass	
Trout	Orange roughy	
Catfish	Shrimp	
Bass	Scallops	
Mackerel	Crab	
Cod	Oysters	
Scrod	Lobster	
Northern pike	Crayfish	
Haddock	Abalone	
Grouper	Mussels	
Walleye	Tuna	
Sardines		

### **Don't Forget**

Avocado		
Olives		
Eggs – eat the whole egg!		



## FIBER

Why Fiber? Fiber is not digested by the body. Yet, fiber is critical for a healthy digestion and bowel function. There are two types of fiber, soluble fiber and insoluble fiber. Soluble fiber dissolves and helps to slow down your digestion, which helps you feel full longer and sustain a healthy blood sugar. Insoluble fiber does not dissolve, and this helps the food you eat to move through your digestive track more quickly for healthy elimination. Remembering these types of fiber are not important, but understanding that whole foods, especially vegetables, naturally contain both soluble and insoluble fiber. View Fiber Food List.

HIGH FIBER FOODS	SERVING SIZE	TOTAL FIBER (grams)
Avocado	1 medium	11.8
Black beans, cooked	1 cup	14.9
Bran cereal	1 cup	19.9
Cereal, 100% whole grain	1 cup	10.0
Flaxseed, raw ground	1 cup	46.0
Flaxseed raw, ground	1 TBS	3.0
Green peas, cooked	1 cup	8.8
Kale, cooked	1 cup	7.2
Kidney beans, cooked	1 cup	13.3
Lentils, cooked	1 cup	15.6
Lima beans, cooked	1 cup	13.1
Navy beans, cooked	1 cup	11.6
Oats, dry	1 cup	12.0
Oat bran, raw	1 TBS	14.0
Pinto beans, cooked	1 cup	14.7
Split peas, cooked	1 cup	16.2

Raspberries	1 cup	8.3
Rice, brown, uncooked	1 cup	7.9
Soybeans, cooked	1 cup	7.6
Wheat bran, raw	1 cup	25.0
Wheat bran, raw	1 TBS	1.6
Wheat germ, raw	1 cup	15.6
Wheat germ, raw	1 TBS	1.0

## PROTEIN

Why Protein? Protein is the building block of our human bodies. Protein is an important macronutrient that is used by the body for growth, cell building and repair, manufacturing hormones and enzymes, and many other essential functions. Meats, fish, and dairy products usually have the highest concentrations of protein, but there are some significant sources of protein that can be found in plants such as legumes. [View Protein Food List.](#)

## Food List - Protein

Shortcut: An ounce of meat or fish has approximately 7 grams of protein if cooked, and about 6 grams if raw.

### Beef

- Hamburger patty, 4 oz – 28 grams protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

### Chicken

- Chicken breast, 3.5 oz - 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken meat, cooked, 4 oz – 35 grams

## **Fish**

- Most fish fillets or steaks are about 22 grams of protein for 3 ½ oz (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz can - 40 grams of protein

## **Pork**

- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams
- Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice – 5 – 6 grams

## **Eggs and Dairy**

- Egg, large - 6 grams protein
- Milk, 1 cup - 8 grams
- Cottage cheese, ½ cup - 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

## **Beans (including soy)**

- Tofu, ½ cup 20 grams protein
- Tofu, 1 oz, 2.3 grams
- Soy milk, 1 cup - 6 -10 grams
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
- Soy beans, ½ cup cooked – 14 grams protein
- Split peas, ½ cup cooked – 8 grams

## **Nuts and Seeds**

- Peanut butter, 2 Tablespoons - 8 grams protein
- Almonds, ¼ cup – 8 grams
- Peanuts, ¼ cup – 9 grams
- Cashews, ¼ cup – 5 grams
- Pecans, ¼ cup – 2.5 grams
- Sunflower seeds, ¼ cup – 6 grams
- Pumpkin seeds, ¼ cup – 8 grams
- Flax seeds – ¼ cup – 8 grams

## **Vegetable Proteins**

- Peas, ½ cup – 3.5 grams
- Spinach, ½ cup cooked – 3 grams
- Baked Potato, medium – 3 grams
- Broccoli, ½ cup cooked – 2 grams
- Brussel Sprouts, ½ cup cooked – 2 grams

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## **YOUR FAT, FIBER & PROTEIN SOLUTION**

Start looking today at your plate, and determine if you are getting fat, fiber and protein with each meal and snack.

If you are not, be creative and find a way to incorporate this trio of benefits every time you eat.

This solution is simple, yet very effective to support a healthier blood sugar and improve your overall energy. Your nutritional health is built on the concept of Fat, Fiber, and Protein with each meal and snack.

