



# fuelGOOD

*Resource guide*

## PRO-ACTIVITY'S DOSING SCHEDULE

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### “MORE & LESS PRINCIPLE”

**MORE** *fiber*

**LESS** *sugar*

**MORE** *perishable*






**LESS** *processed*

## MORE FIBER

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For optimal health, we should be consuming roughly 40 grams of fiber (from whole food sources) per day. The average American consumer eats 15 grams per day. Fiber holds a protective benefit in relation to chronic disease (Type II diabetes, heart disease, many cancers, Alzheimers), musculoskeletal disease, and gut health. Foods naturally high in fiber include fruits & vegetables, beans, low processed whole grains, nuts & seeds. The daily recommended servings of fruits and vegetables is 5-7 servings, with the “gold standard” being closer to 9-12! Hitting those numbers will ensure you are getting adequate fiber (and countless other nutrients) in your diet. See the tables below for some of the most fiber-dense foods to choose from.

**Top 10 Foods Highest in Fiber**  
25g of Fiber = 100% of the Daily Value (%DV)

<b>1 Navy Beans</b>  76% DV (19g) fiber per cup (182g) 42% DV (11g) per 100 grams (3.5 oz)	<b>2 Avocados</b>  54% DV (13g) fiber per avocado (201g) 27% DV (7g) per 100 grams (3.5 oz)
<b>3 Chia Seeds</b>  39% DV (10g) fiber per oz (~2 tblsp) (28g) 138% DV (34g) per 100 grams (3.5 oz)	<b>4 Acorn Squash</b>  36% DV (9g) fiber per cup cooked (205g) 18% DV (4g) per 100 grams (3.5 oz)
<b>5 Green Peas</b>  35% DV (9g) fiber per cup cooked (160g) 22% DV (6g) per 100 grams (3.5 oz)	<b>6 Collard Greens</b>  30% DV (8g) fiber per cup cooked (190g) 16% DV (4g) per 100 grams (3.5 oz)
<b>7 Broccoli</b>  21% DV (5g) fiber per cup cooked (156g) 13% DV (3g) per 100 grams (3.5 oz)	<b>8 Whole Wheat Pasta</b>  18% DV (5g) fiber per cup (117g) 16% DV (4g) per 100 grams (3.5 oz)
<b>9 Oranges</b>  17% DV (4g) fiber per cup (180g) 10% DV (2g) per 100 grams (3.5 oz)	<b>10 Sweet Potatoes</b>  16% DV (4g) fiber per cup cooked (133g) 12% DV (3g) per 100 grams (3.5 oz)

**HIGH FIBER LOW CARB FOODS**

<b>STRAWBERRY</b> 8.7G NET CARBS 1 CUP	<b>RASPBERRY</b> 6.7G NET CARBS 1 CUP	<b>ARTICHOKES</b> 6.6G NET CARBS 1 MEDIUM	<b>WHEAT BRAN</b> 6.3G NET CARBS 1/2 CUP
<b>BLACKBERRY</b> 6.2G NET CARBS 1 CUP	<b>COCONUT MEAT</b> 5G NET CARBS 1 CUP	<b>SPINACH</b> 4.6G NET CARBS 1 BUNCH	<b>ALMONDS</b> 3.2G NET CARBS 1/4 CUP
<b>ASPARAGUS</b> 2.4G NET CARBS 1 CUP	<b>CHIA SEEDS</b> 2.1G NET CARBS 1 OUNCE	<b>MUSHROOM</b> 1.6G NET CARBS 1 CUP	<b>SESAME SEEDS</b> 1G NET CARBS 1 TBSP
<b>AVOCADO</b> 0.7G NET CARBS 1/4 CUP	<b>COLLARD GREENS</b> 0.5G NET CARBS 1 CUP	<b>FLAX SEEDS</b> 0.2G NET CARBS 1 TBSP	<b>BROCCOLI RABE</b> 0G NET CARBS 1 CUP

NUTRITIONAL DATA: NDB.NAL.USDA.GOV  
FOR MORE INFO VISIT: WWW.THELITTLEPINE.COM

## LESS SUGAR


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Unfortunately, sugar has become more and more prevalent in the standard American diet over the past few decades. And even more unfortunately, it is a major driver of a variety of negative sequelae, including systemic inflammation, chronic disease, and obesity. Sugar is especially dangerous when it is not accompanied by


fiber, which helps buffer the effects sugar has on the body. This is why fruits, although they can be “high in sugar” when taken at face value, do not have the negative health consequences (quite the opposite, actually) that the same “amount” of sugar processed food would have. The bad news is that sugar can be sneaky -- even foods that we would think of as healthy (think smoothies, yogurts, muffins, etc.) can be LOADED with sugar. A good way to help make better decisions surrounding sugar intake is to use our **carb:fiber ratio trick** → → →

## FUEL HACK: CARB:FIBER RATIO


Divide total grams of carbs by total grams of fiber



<span style="color: red; font-size: 1.5em;">●</span>	>10 = RED LIGHT
<span style="color: yellow; font-size: 1.5em;">●</span>	6-10 = YELLOW LIGHT
<span style="color: green; font-size: 1.5em;">●</span>	≤ 5 = GREEN LIGHT



USE THIS TO HELP MAKE BETTER CHOICES ABOUT FOODS & DRINKS WITH LABELS



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## MORE PERISHABLE

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A good rule of thumb is to stick to the perimeter of the grocery store when shopping, as this is typically where the “more perishable” items are found. The longer something lasts, the less likely it is to be full of nutrition (and more likely to be filled with lots of “less than nutritious” ingredients and chemicals).

## LESS PROCESSED

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Unfortunately, highly processed foods wreak havoc on our health and performance. Not only do they appear to trigger an inflammatory cascade in our body, but they also influence the “good bacteria” that live in our gut and help regulate many systems in the body (immune system, certain hormones, possibly even certain brain functions!). Try to limit the intake of processed meats, dairy products, grains, and snacks and swap for healthier options.

## GETTING A BASELINE - FUEL TRACKING

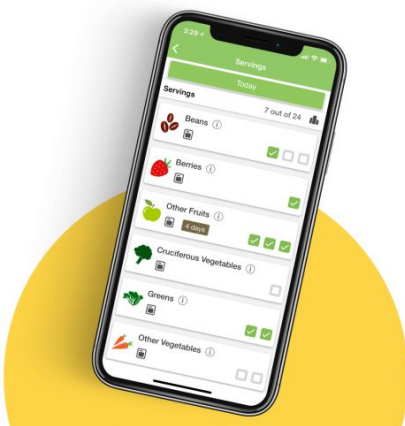
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A great start to improving your FUELING is establishing a baseline to know where you are currently at. Use [THIS TRACKER](#), or the [Daily Dozen Fuel App](#) to establish your baseline “score”. Once you have identified your baseline, try to improve your “score” by 10% per week (or consistently try to check off one more box per week), until you have reached a consistent “Fuel Good 81%er”, where you are checking off 18/24 boxes per day on a regular basis. SLOW AND STEADY WINS THE RACE HERE! Trying to bump up your plant (and thus, fiber) consumption too fast can lead to GI discomfort. Additionally, note that this tracker is all based on INCLUSION of more nutrient + fiber dense foods, and not EXCLUSION of other foods that are not listed.

## DEEPER DIVE - EATING FOR PERFORMANCE GOALS

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If you are looking for a deeper dive into your nutrition to optimize performance or reach a specific goal, talk to your Pro-Activity Provider about options for more customized coaching.



## - - - - X HELPFUL FUELING APPS

- [Daily Dozen Checklist](#)- Simple and easy fuel tracker that helps make sure you are getting enough of the “good stuff”.
- [Mealime App](#)- Healthy meal planning app that makes planning, shopping for, and cooking quick and healthy meals a breeze.
- [My Fitness Pal App](#) - More detailed calories & nutrient tracking to use when you’ve nailed down quality and need help with quantity

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## RECIPE HACKS

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*Some simple recipes packed with nutrients and fiber to get you started.*

**X Green smoothie for breakfast**- fill blender with half cup of frozen blueberries or mixed berries, half a banana, couple handfuls of spinach (I promise you won't taste it!), a little bit of ice and little bit of water or almond milk. For more thickness-you can add one scoop of plant protein powder (Orgain brand is good! [LINK](#)). If you really want to get fancy - get some ground flaxseed at walmart and throw that in there.

- *Other optional add-ins:* 1/4 cup whole oats, TBSP of natural nut butter, TBSP of chia seeds, other fruits/veggies to taste (carrots are a mild flavored crunch!)

**X Overnight oats**- mix 1/2 cup whole oats with water or almond milk and add 1/2 cup berries or other fruit (chopped apple and banana are tasty). Seal and place in fridge overnight for grab-and-go breakfast or post-workout snack. Other optional ingredients are crushed nuts and [plant based protein](#).

**X Big salad for lunch or dinner**- The key to salads on the go is the prep. My go-to strategy is making 7 salads all at once at the beginning of the week so I know I have one for lunch every day, and a few extras for dinner if I get home late. Kale (if you can acquire the taste) holds up really well even if you put the dressing in ahead of time. Mixed greens are good but you will want to wait to add dressing right before. Load this up with as many veggies & even fruit (apples or dried cranberries! ) as you can, adding beans (rinsed canned or precooked lentils work well!!) and some raw almonds will also help keep you full. I even microwave a few sweet potatoes, chop those up, and put them in there.

**X Two snack bags of raw veggies added to your usual routine**- some good pack and go options are broccoli (either the whole stalk or pre-cut in bags), snap peas, baby carrots, cherry tomatoes, cauliflower, cucumbers, peppers (mini ones are easy), green beans.

- OR 2 grab and go fruits- apples, oranges/clementines, bananas, grapes, berries, kiwis (sometimes come with a spoon so you can literally eat them out of the skin!).