

# Chris Powell

TRANSFORMATION SPECIALIST

SMART FOODS GUIDE

## Smart Protein



Protein is essential for building and repairing tissues, producing enzymes and hormones, and supporting immune function. It also helps regulate blood sugar and maintain a healthy metabolism. Smart protein sources are those that are high in quality protein and low in saturated fat and sodium.

## Smart Fat



Healthy fats are essential for brain health, hormone production, and overall well-being. They also help absorb fat-soluble vitamins and support a healthy immune system. Smart fat sources are those that are high in monounsaturated and polyunsaturated fats and low in saturated and trans fats.

## Smart Carbohydrate



Carbohydrates are the body's primary source of energy and are essential for brain function and overall health. Smart carbohydrate sources are those that are high in fiber and low in refined carbohydrates and added sugars.

## Smart Fiber



Fiber is essential for digestive health, heart health, and overall well-being. It also helps regulate blood sugar and maintain a healthy metabolism. Smart fiber sources are those that are high in soluble and insoluble fiber and low in refined carbohydrates and added sugars.

## Smart Beverages

Smart beverages are those that are low in added sugars and high in water and electrolytes.

## Smart Additives

Smart additives are those that are natural and high in antioxidants and low in artificial colors and flavors.

# Chris Powell Food Guide

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