

Proteins To Eat

- Animal products provide the following important bodybuilding elements in the diet; contain vitamins A, D, minerals B6 and B12.
- Eat meat that is raw, rare, or braised in water or stock
- Grass-fed better than organic (please see handout attached) beef, lamb, chicken, duck
- Wild game such as duck, deer, antelope, geese, pheasant, wild turkey
- Buffalo meat ground or steak
- Wild fish, especially cold-water deep-sea fish (rich in omega 3s, fat-soluble vitamins, important minerals such as iodine, selenium and magnesium)
- Eggs from pasture-fed chickens
- Organ meats of land animals
- Shellfish such as oysters, mussels, clams, scallops, shrimp, crab, lobster rich in fat-soluble vitamins especially vitamin D; should be eaten fresh and in season; if allergic completely avoid
- Soups with bone broths (To learn the how-tos on making a bone broth, see <http://www.westonaprice.org/foodfeatures/broth.html>)
- Beans (preferably organic) soaked for a few days and cooked over a low heat; provides digestive enzymes to the gut as well as a source of protein; beans can be put in soups, salads, stir-frys
- Nuts (walnuts, pecans, almonds); can toast in oven with light sea salt as a snack

Proteins To Avoid

- Avoid cooking or eating meats cooked at very high temperatures; these contain elevated amounts of carcinogens
- Processed meats such as the following: sausage, luncheon meat, bacon that have been preserved with nitrites, nitrates, or other common meat preservatives (all linked to cancer)
- Charcoal grilled meats and smoked foods; these contain polycyclic aromatic hydrocarbons have been known to be carcinogenic; Eat smoked and barbecued meats sparingly
- Farmed seafood