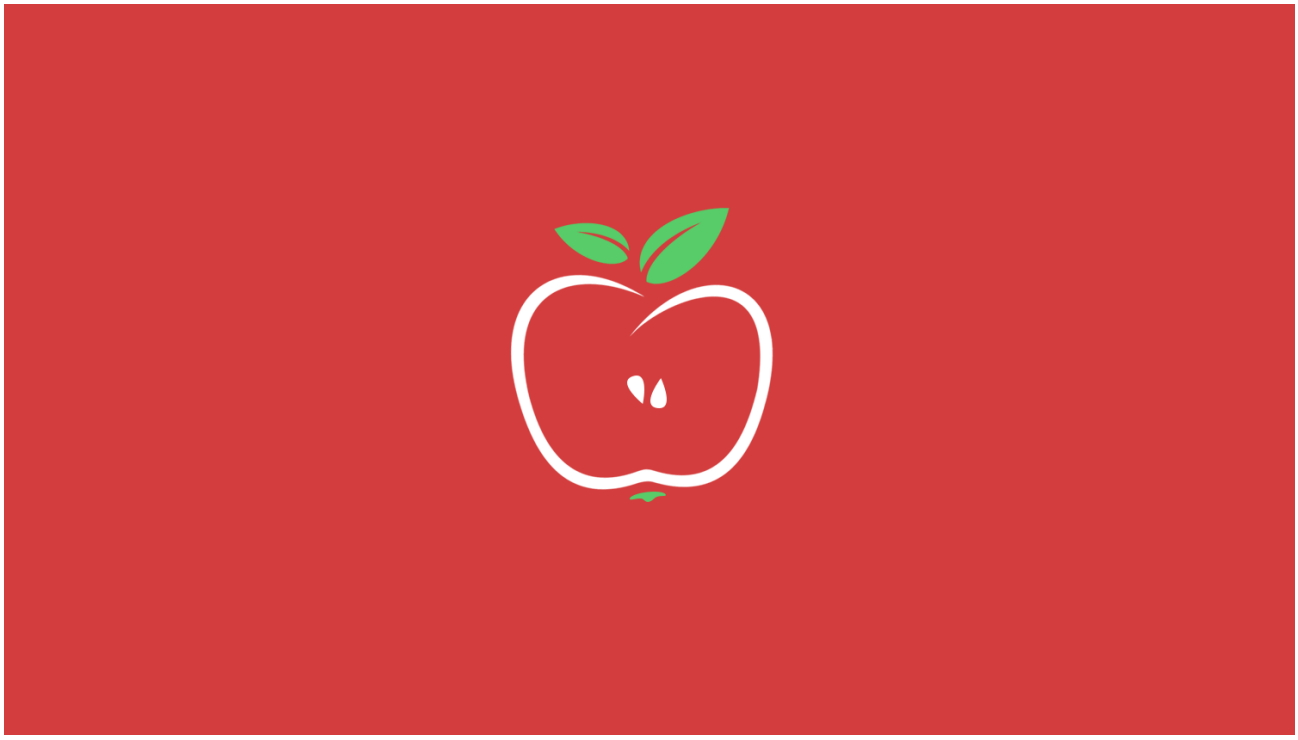
The 20 Fittest Foods

It’s true. You really are what you eat. And that’s why some days you end up feeling more like a cream-filled Twinkie than the lean cut of beef you aspire to. But you probably already know that. That’s why, like all of us, you’re most likely trying to clean up your act and start eating healthy .



- [ ] **Turkey Breast** - 72 calories per 3-oz serving (Eat 3 servings per week)
- [ ] **Olive Oil** - 119 calories per tbsp (Eat 2 tbsp per day)
- [ ] **Quinoa -** 318 calories per half cup (Eat 2-3 servings per week)
- [ ] **Black Beans** - 227 calories per cup (Eat 2 servings per week)
- [ ] **Green Tea -** 2 calories per cup (Drink 1-3 cups per day)
- [ ] **Eggs -** 74 calories per large egg (Eat 3-7 eggs per week)
- [ ] **Milk -** 118 calories per cup (Get 3 servings of dairy per day)
- [ ] **Water -** 0 calories (Drink Eight 8-oz glasses per day)
- [ ] **Sweet Potatoes** - 100 calories per med. potato (Eat 1 per week)
- [ ] **Soy** - 300 calories per cup (Eat 2 servings per week)
- [ ] **Beef** - 163 calories per 3-oz serving (Eat 3-4 servings per week)
- [ ] **Whole** -Wheat Bread - 140 calories per 2 slices (Eat 6 slices per week)
- [ ] **Almond**s - 82 calories per 1/2-oz serving (Eat 3 servings per week)
- [ ] **Yogurt** - 154 calories per cup (Get 3 servings of dairy per day)
- [ ] **Spinach** - 7 calories per cup (Eat 2-3 servings per week)
- [ ] **Broccoli** - 31 calories per cup (Eat 2-3 half-cup servings per week)

- [ ] **Tomatoes** - 83 calories per cup (Eat 4 servings per week)
- [ ] **Oatmeal** - 148 calories per half cup (Eat 3-4 servings per week)
- [ ] **Blueberries** - 41 calories per half cup (Eat 1-2 cups per week)
- [ ] **Salmon** - 121 calories per 3-oz serving (Eat 3-4 servings per week)

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