

# Our top 10 fitness foods

Katie Hiscock's top 10 fitness foods will help fuel your body to get the most from your workouts and to aid recovery. Next time you're at the supermarket make sure you stock up on these staples...



- ☐ Milk
- ☐ Dried fruit
- ☐ Broccoli (and other green veg)
- ☐ Sweet potatoes
- ☐ Tomatoes
- ☐ Bananas
- ☐ Brazil nuts
- ☐ Blueberries
- ☐ Salmon
- ☐ Cocoa