

# The CrossFit Victoria food list

## ***Food to avoid***

These foods are best avoided as they have little – if any – nutritional benefit.

- Bread (inc. bagels, croissants, crackers, etc.)
- Cake, muffins, scones etc.
- Pasta
- Refined sugar and associated products (inc. sweets, lollies, chocolate, etc.)
- Table salt
- Fruit juices, smoothies, juice bar drinks
- Soft drink
- Processed meats (inc. salami, sausages, hotdogs, etc.)
- Potatoes, sweet potatoes, yams and potato products

## ***Food to reduce***

These foods may be eaten in moderation, however do not overindulge and replace them with other options if possible.

- Rice
- Breakfast cereals (eliminate processed brands and those high in sugar and salt)
- Processed foods
- Coffee
- Tea
- Alcohol (especially spirits and beer)
- Dried fruits
- Dairy foods (inc. milk, cheese, cream, butter, yoghurt, ice cream etc.)

## ***Food to include***

These foods should form the basis of your diet, they are packed with nutrients and your body is designed to digest them.

- Lean meats (trimmed of visible fat, preferably grilled not fried)
- Fish
- Seafood
- Eggs (limit to 6 per week)
- Fruit
- Vegetables
- Nuts (don't over-indulge and choose carefully – no peanuts or salted nuts)
- Seeds
- Water (filtered, mineral)

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