Your Metabolism will slow if fast-absorbing Carbs are not consumed within 30 minutes of exercise.*



www.bodybuilding.com/fun/eat-for-anabolism-pre-post-workout-nutrition-for-muscle-growth.html

PROJECT PFC: MISSION STATEMENT

Most teas contain Pesticides or Fluorides...Organic options do not.*



http://articles.mercola.com/sites/articles/archive/2013/04/24/tea-bags.aspx

PROJECT PFC: MISSION STATEMENT

Allergic to Dairy? The Juice Bar has options that are right for you.



PROJECT PFC: MISSION STATEMENT

Shop for fish that swim in clean waters, like those in Australia, Chile, New Zealand & Greece.



PROJECT PFC: MISSION STATEMENT

Having a sufficient quantity of stored Carbs (glycogen) in your body will reduce muscle-loss during exercise.*



www.extension.iastate.edu/humansciences/content/carbohydrate

PROJECT PFC: MISSION STATEMENT

Timing of Carbs postworkout is critical to keeping muscle and burning fat.*



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

PROJECT PFC: MISSION STATEMENT

Consuming Protein without Carbs after a workout slows recovery.*



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

PROJECT PFC: MISSION STATEMENT

It is better to DRINK, not EAT, your post-workout meal.*



www.bodybuilding.com/fun/the-benefits-of-post-workout-carbohydrates.html

PROJECT PFC: MISSION STATEMENT

Post-workout meals should be 3 parts Carb: 1 part Protein.*



http://triathlon.competitor.com/2014/06/nutrition/30-minute-countdown-post-workout-snack_100415

PROJECT PFC: MISSION STATEMENT

Drinking 1-2 cups of coffee per day may reduce the risk of Alzheimer's by 40%.*



http://authoritynutrition.com/why-is-coffee-good-for-you/

PROJECT PFC: MISSION STATEMENT

Smoking may raise the risk of developing Diabetes.*



http://my.clevelandclinic.org/health/healthy_living/hic_Steps_to_Staying_Well/hic_Dangers_of_Second-Hand_Smoke/hic_Diabetes_and_Smoking_-_Another_Reason_to_Quit



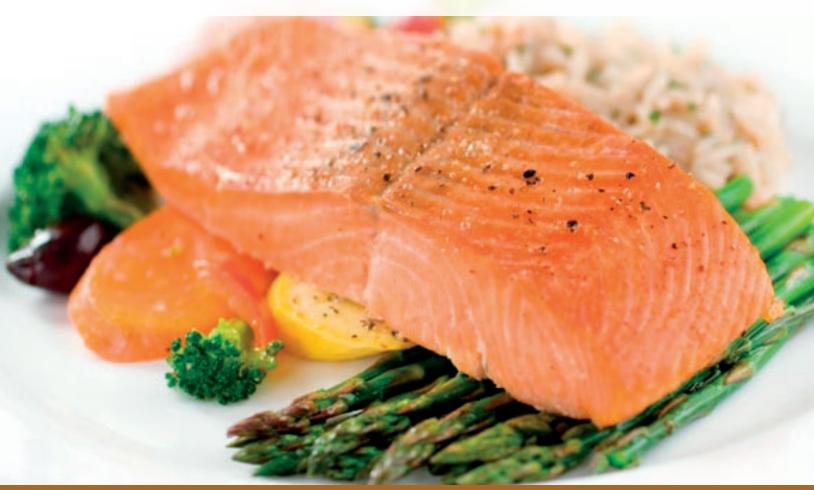
A Mediterranean-Style Diet may be one of the best diets for people with Diabetes.



www.diabetes.org/mfa-recipes/tips/2011-09/featured-article-the.html

PROJECT PFC: MISSION STATEMENT

Pesticide-Free Fish: Wild Alaskan Salmon, Wild Rainbow Trout, Wild Sardines & Wild Tongol Tuna.*



http://goo.gl/MvGnSG

PROJECT PFC: MISSION STATEMENT

A typical human body can store only 800-2000 carbohydrate calories (glycogen).*



http://thegymmonkey.wordpress.com/2010/03/12/do-athletes-really-need-a-high-carb-diet/

PROJECT PFC: MISSION STATEMENT

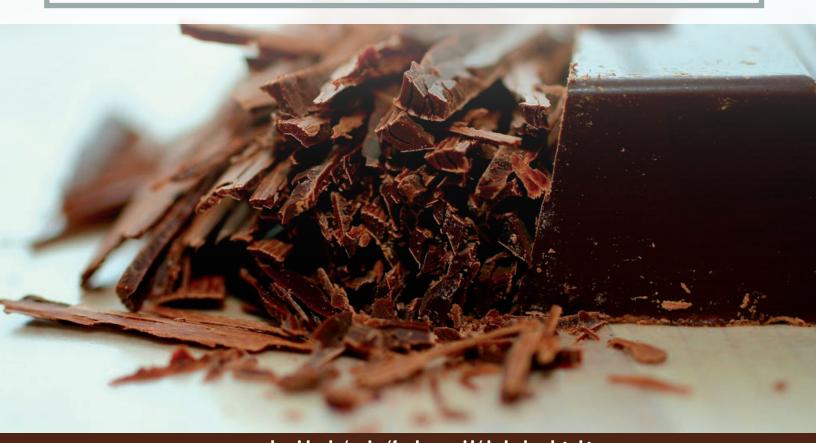
Women who are at risk for breast cancer should be concerned with Alcohol intake.*



www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors

PROJECT PFC: MISSION STATEMENT

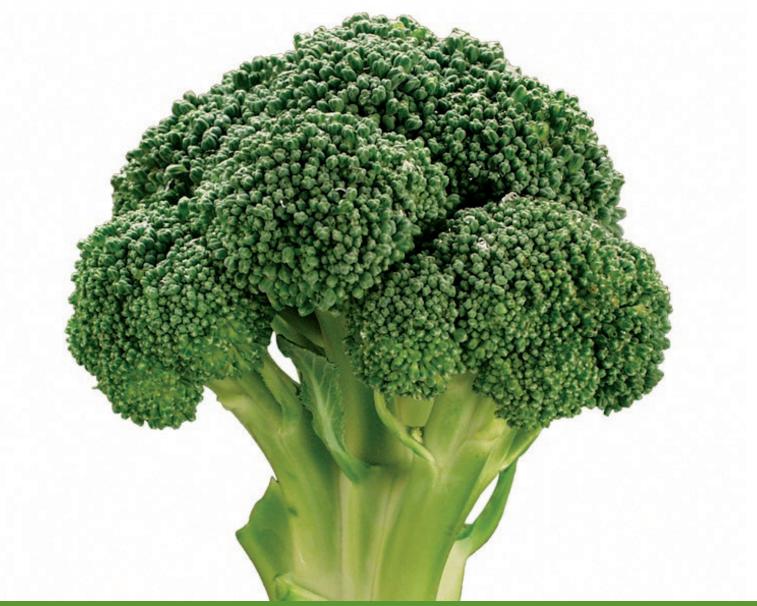
Polyphenols & Flavonoids are Antioxidants found in Dark Chocolate that help manage Cholesterol.*



www.med.umich.edu/umim/food-pyramid/dark_chocolate.htm

PROJECT PFC: MISSION STATEMENT

Chromium-rich foods may help improve insulin resistance.*



www.naturalnews.com/027398_chromium_diabetes_natural.html

PROJECT PFC: MISSION STATEMENT

Sodium Nitrate in processed meats is toxic to beta cells and may place you at higher risk of Diabetes.*



http://naturallysavvy.com/eat/why-you-should-skip-the-hot-dogs-this-july-4th

PROJECT PFC: MISSION STATEMENT

Coffee may help reduce the risk of Diabetes.*



http://www.medicalnewstoday.com/articles/275979.php

PROJECT PFC: MISSION STATEMENT

Eggs are a great source of Protein.*



www.marksdailyapple.com/top-ten-protein-sources/

PROJECT PFC: MISSION STATEMENT

Obesity may account for 30% of colon cancer cases.*



www.cancer.gov/cancertopics/factsheet/Risk/obesity

PROJECT PFC: MISSION STATEMENT

Goopy marinades slow the formation of harmful HCAs (heterocyclic amines) on meats.*



http://articles.mercola.com/sites/articles/archive/2014/07/19/grilled-meat-carcinogens.aspx

PROJECT PFC: MISSION STATEMENT

If you flip your burgers on the grill every minute, HCAs (heterocyclic amines) have no chance to form.*



http://articles.mercola.com/sites/articles/archive/2014/07/19/grilled-meat-carcinogens.aspx

PROJECT PFC: MISSION STATEMENT

Broccoli & Brussel Sprouts contain compounds that detoxify harmful HCAs (heterocyclic amines) in grilled meats.*



http://gladstoneholistichealth.com.au/make-your-bbq-a-healthy-one-add-some-cabbage-to-your-rissoles/

PROJECT PFC: MISSION STATEMENT

Laughter burns 1.3 calories per minute. Laugh a lot!*



www.myfitnesspal.com/blog/rwatkins82/view/laughing-burns-1-3-calories-per-minute-574180

PROJECT PFC: MISSION STATEMENT