



Balancing your plate for life and vitality

The Essential Equation is Health = Nutrients / Calories

The Standard American Diet is Disease = Calories / Nutrients

Nutrition Tips:

1. Eat in harmony with your body's Circadian rhythm. Have your first meal within 2 hours of awakening and try to have your largest meal at lunch and lower carb meal for dinner. Ideally stop eating at least 3 hours prior to bedtime.
2. Drink plenty of water. Sometimes dilution is the solution. Try to have 16 oz. of water upon awakening. You can add the juice from 1/2 a lemon. Then have 16 oz. 60-30 minutes prior to each meal for a minimal intake of 64 oz./day
3. Utilize food logging to increase mindfulness and awareness of your nutrient intake. MyFitnessPal app is an excellent tool and studies have shown an additional 10% weight loss with daily use.
4. Aim to get in around 90 grams of protein/day, ideally 30 grams in each meal. This helps you feel full longer.
5. Aim to get in at least 30 grams of fiber each day.
6. Aim to get in at least 3500 mg of potassium each day. This is associated with increased weight loss and improvement in blood pressure.
7. Aim to limit your sodium intake to 1800 mg/day.
8. Optimally, a nutrient dense diet has 90% of calories from:
 - **1 pound of raw vegetables** [This is about 5 cups or handfuls. Have a large salad or smoothie. Prep green leafy vegetables and store in the freezer for smoothies.]
 - **1 pound of cooked cruciferous veggies** [This is about 3 cups. Examples are steamed broccoli, cauliflower, cabbage, etc.]
 - **1 cup of beans/lentils** [Use BPA-free canned or dried beans that you soak overnight.]
 - **1 cup (or less) of starchy vegetables** [Examples are squash/sweet potato or ½ cup of quinoa/brown rice.]
 - **1 to 4 high-fiber fruits/day** [As colorful as you can such as apples, pears, berries.]
 - **1 handful of seeds and/or nuts/day**
 - **1/4 to 1/2 cooked mushrooms per day**
 - **1/4 raw onion per day**
9. Consider the Rainbow diet. Try to get in a full spectrum of colorful produce every day.

10. Avoid eating non-food items like highly processed foods with additives, extra colors, and preservatives, etc. Oil is also a processed food so use sparingly.
11. If weight loss is desired, you generally need to restrict total daily calories as well. For women, between 1000 to 1500 calories/day. For men, 1200 to 1800 calories/day.
12. Avoid drinking your calories. Juice, alcohol, and soda are just empty calories.
13. Savor your food. 20% of digestion is supported by the brain's ability to perceive what foods are coming into the body. Eat consciously and take the time to appreciate your meal. This also makes it possible to stop eating when you feel you are approximated 2/3rds full.

Books:

Prevent and Reverse Heart Disease by Caldwell B. Esselstyn, Jr., MD
The End of Diabetes by Joel Fuhrman (or *Eat to Live* classic)
The Slow Down Diet by Marc David
Savor by Thich Nhat Hanh
State of Slim by Dr. James Hill

Cookbooks:

Engine #2 by Rip Esselstyn
Fresh from the Vegetarian Slow Cooker: 200 Recipes for Healthy and Hearty One-Pot Meals That Are Ready When You Are by Robin Robertson

Home Delivery Food Services:

All Real Meal @ <http://www.allrealmeal.com/> for 21-day, low-carb plan. All you do is heat up.
Blue Apron @ <https://www.blueapron.com/> sends ingredients with instructions and you prepare at home; \$60 for 3 meals for 2 people.
Forks Over Knives @ <http://www.forksoverknives.com/forksfreshmeals/> provides low fat, vegan meals; pricey.

Movies:

Forks Over Knives

On Line Resources:

<https://www.drfuhrman.com> - Dr. Fuhrman's on line community
<http://ornishspectrum.com/ornish-living> - Dr. Ornish's on line community
<http://www.nwcr.ws/> - on line registry and resource of successful weight loss
<http://www.choosemyplate.gov> - federal recommendations
<https://www.weightwatchers.com> - on line calorie restricted diet support
<http://www.whfoods.com/foodstoc.php> - resource for learning about food nutrients