

The 10 Principles of Successful Nutrition

1. Eat mostly real, whole, minimally processed food.

- If you couldn't hunt, fish, pluck, grow, or ferment/culture the food, you shouldn't eat it often.
- If it wasn't food 100 years ago, it isn't food today.
- If it comes in a box or a plastic wrapper, it most likely isn't food; it is a *food product*.

2. Eat food as close to its natural state as possible.

- Meat, eggs and dairy would ideally be from pasture-raised, grass-fed animals when possible.
- Eat mostly full-fat versions of these foods for the greatest profile and absorption of nutrients.
- Produce would ideally be from local, seasonal, and sustainably grown sources when possible.

3. Eat slowly and only until satisfied.

- Aim to have meals last 15-20 minutes, as it takes this long for your brain to know you have eaten enough.
- For weight loss, maintenance and general health, eat only until you are satisfied, not until full or stuffed.
- If trying to gain weight, eat more quickly and until full.

4. Eat protein with every meal and most snacks.

- Protein builds more muscle and improves recovery from exercise.
- Protein maintains muscle mass when trying to lose fat.
- Protein is the most satiating macronutrient, keeping you satisfied for longer.

5. Eat at least one full serving of vegetables and/or fruits every time you eat.

- This is a simple way to reach the daily quota of 5-10 servings of vegetables and fruits.
- These foods contain powerful anti-aging phytonutrients, antioxidants, vitamins, and minerals to optimize health.

6. Eat healthy fats with most meals.

- Fat is essential and necessary for proper hormone production, cell formation, immune function and overall health.
- Do not fear saturated fat, as long as it comes from food following Principles 1 & 2.
- Minimize consumption of industrial vegetable oils: corn, cottonseed, safflower, soybean, sunflower, etc.

7. Eat quality carbohydrates with most meals, especially around exercise.

- A good chunk of your carbohydrate intake should be from nutrient-dense fruits and vegetables.
- Starch intake should mostly be from whole, minimally processed options.
- Minimize added sugar and high-fructose corn syrup.

8. Drink beverages with few ingredients and few calories, most of the time.

- Liquid calories go unnoticed by the body, so they add up quickly.
- The best beverage choices include water, tea, and black coffee. Unsweetened milks, fresh juice, and alcohol are okay in moderation.
- Super smoothies are a notable exception.

9. Utilize supplementation when appropriate.

- Use supplements to enhance, - not replace – a healthy, balanced diet.
- The best basic choices are fish oil, vitamin D, probiotic, multivitamin and protein powder.
- These are the most beneficial as inclusions when the rest of your diet is solid.

10. Live a little!

- Break the rules once in a while!
- Just understand what once in a while is; it is not a daily occurrence.
- Do not fear eating a piece of cake or some french fries; just do not make a habit of it.
- Don't always be "that person" who never eats anything at social gatherings; it is okay (and even beneficial) to not be perfect.