

# NUTRITION RULES

## Healthy Fats

2-3 SERVINGS DAILY

Gram for gram, about 18% of your diet should come from healthy fats from fish, nuts, seeds and healthy oils. Flaxseed and fish contain Omega-3 fats. Omega-6 fats can be found in sunflower, safflower, corn and soybean oils, black currant, borage and evening primrose oils, and meat and dairy products from grass-fed cows.

### EXAMPLES:

Almonds	Avocados	Cashews
Cold-water fish	Flaxseed	Hazelnut oil
Nut butters	Olive oil	Pecans
Pumpkinseed oil	Safflower oil	Sunflower seeds
Walnuts		

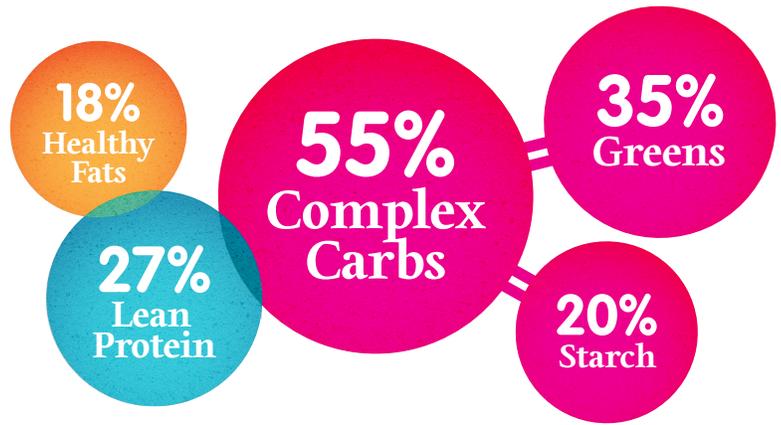
## Lean Proteins

6 SERVINGS DAILY

Protein is primarily found in meat, poultry, fish and eggs, but is also found in dairy and to some degree in vegetable and grain sources. Tofu, chia seed, quinoa and hemp seed are complete proteins. Other plant sources must be eaten in combination in order to be complete.

### EXAMPLES:

Almond butter	Almond milk	Beans of all kinds
Beef tenderloin	Bison	Canned salmon
Canned tuna	Cashew butter	Chicken breasts
Chickpeas	Eggs	Fat-free yogurt
Fresh cod	Fresh salmon	Fresh tilapia
Ground turkey	Kefir	Lentils
Low-fat cottage	Peanut butter	Pork tenderloin
Rice milk	Soymilk	Tempeh
Tofu	Unsalted raw nuts and seeds	



## Complex Carbs

2-4 SERVINGS STARCH, 4-6 SERVINGS GREENS DAILY

There are two types of carbohydrates: simple and complex. Simple carbohydrates (think white flour and sugar) are also known as sugars. They break down easily and tend to send blood-sugar levels out of control. For the most part, you want to avoid simple carbs, with fruit as the exception. Fruits are simple carbs, but they also contain fiber, which slows down their digestion, as well as vital nutrients and vitamins.

Complex carbohydrates are high in fiber and improve digestion. They provide you with energy, keep you satisfied after meals and stabilize blood-sugar levels. Vegetables, fruits and whole grains are all complex carbs.

### EXAMPLES: Starchy Complex Carbs from Whole Grains

Amaranth	Brown Rice	Buckwheat	Bulgur
Cream of Wheat	Millet	Oatmeal	Quinoa*
Wheat germ	Whole-grain pasta		

### EXAMPLES: Starchy Carbs from Vegetable Sources

Bananas	Beans (kidney, navy, pinto, soy)*	Carrots
Chickpeas*	Sweet potatoes	Potatoes
Split peas*	Lentils*	Yams

### EXAMPLES: High Water Content Complex Carbs

Artichokes	Asparagus	Beet greens	Broccoli
Brussels sprouts	Cabbage	Cauliflower	Celery
Cucumbers	Eggplant	Kale	Lettuce
Okra	Onions	Spinach	Tomatoes
Turnip greens	Watercress	Zucchini	

\*These are high-protein complex carbs and may be used as a protein source.