

# The Nutrition Cheat Sheet

**DISCLAIMER:** Every individual has unique nutritional needs based on their genetics, health conditions, activity levels, and personal goals. The following evidence-based interventions are not personalized recommendations. Please consult with your primary care physician and/or a registered dietitian before making significant changes to your nutrition plan, especially if you have pre-existing health conditions.

## General Principles

- Focus on whole, unprocessed, organic, plant-based foods whenever possible
- Source locally, fresh, and organic when feasible
- Consider time-restricted eating (12-16 hour fasting window daily) if appropriate for your health status and lifestyle
- Limit snacking

## Protein Intake

- Target: 0.7-1.0 grams per pound of body weight daily
- Sources: Mix of plant-based (beans, lentils, tofu, nuts) and high-quality animal proteins (fish, poultry, eggs, yogurt)
- Timing: Distribute intake throughout the day

## Healthy Fats Intake

- Target: 20-35% of total daily calories
- Limit saturated fat to less than 10% of your total caloric intake
- Sources: Olive oil, avocados, nuts, seeds, fatty fish

## Fiber Intake

- Target: 40-50 grams daily (a mix of soluble and insoluble)
- Soluble fiber sources: Oats, beans, lentils, apples, citrus fruits, carrots
- Insoluble fiber sources: Whole grains, wheat bran, nuts, vegetable skins

## To Minimize or Avoid

- Processed sugar in all forms
- Ultra-processed foods
- Refined carbohydrates
- Foods with ingredients you can't pronounce
- Soybean oil