

The Med: An Overview:

Better glucose & A1C control

Lower blood pressure

Improved cholesterol & triglycerides (lipid profiles)

Better heart health

Better blood sugar control

Bone mass maintenance

Slower cognitive decline

Reduced risk for neurodegenerative disease

Reduced inflammation & oxidative stress

Reduced beta amyloid plaque build-up (indicator in Alzheimer's disease)

Reduced risk of Type 2 Diabetes Reduced cancer risk

Reduced incidence of depression, anxiety and mood disorder

HEALING MACRONUTRIENTS

Think of food holistically & create balance.



CARBOHYDRATES

40-50% OF TOTAL CALORIES

1/2 starch + 1/2 veggies & fruits
greens everyday + a rainbow every week

brain, muscle, & cellular energy



PROTEIN

20-30% OF TOTAL CALORIES

10% plant + 10% animal
lean & omega 3 rich

*muscle & cellular repair, satiety,
blood sugar balance*



ANTI-INFLAMMATORY FATS

30% OF TOTAL CALORIES

20% mono & polyunsaturated
10% saturated

*brain health, cellular structure, organ & joint
cushion, vitamin & mineral transport,
flavor, satiety*

GREEN LEAFY VEGETABLES. Aim for at least one serving daily. This includes spinach, arugula, chard, collards, watercress, and lettuces.

CRUCIFERS & ALLIUMS. Cruciferous veggies are cabbage, kale, bok choy, Brussels sprouts, broccoli and cauliflower. Alliums are garlic, onions, leeks and shallots. If you like these foods, include them as often as possible.

RAINBOW VEGGIES. Try to eat a colorful vegetable in addition to the green leafy vegetables at least once a day.

AVOCADO & AVOCADO OIL. While avocado is technically a fruit, for nutrition purposes it is considered a fat – and a very healthy one at that. Aim for an avocado a week. Use avocado oil over olive when cooking at higher temperatures.

BERRIES. Eat berries at least three times a week. Research indicates berries are our most nutrient-dense fruit.

NUTS & SEEDS. Almonds and walnuts are particularly healthful. Choose raw (not roasted) and unsalted and try to get 4 servings a week.

OLIVE OIL. Use extra virgin olive oil as your main dressing or cooking fat when using a low-heat method (under 375 degrees).

WHOLE GRAINS. Aim for two servings daily. Choose whole grains like oatmeal, quinoa, farro, brown rice, whole-wheat pasta, and 100% whole-wheat bread. If you have issues with elevated cholesterol, oatmeal is an especially good choice; the beta glucans it contains are an excellent source of soluble fiber that helps draw cholesterol out of the body, and it contributes to a healthy gut microbiome.

FISH. Eat fish 2-3 times a week. It's best to choose fatty fish like salmon, tuna and halibut for their high amounts of omega-3 fatty acids.

BEANS & LEGUMES. Include beans in at least four meals every week for their fiber and heart-healthy potassium. **POULTRY.** Try to substitute proteins higher in saturated fat with lean chicken or turkey 3-4 times per week.

TEA. High in antioxidants and lower in caffeine than coffee, green, black, and herbal teas are an excellent swap for sodas or sugary beverages.

SPICES. Turmeric, ginger, and cinnamon all have a decent amount of research behind them indicating antioxidant and anti-inflammatory properties.

DARK CHOCOLATE. Good for gut health, and high in antioxidants, grab some 73% cacao or higher and have 2 squares when you're craving a sweet.

Especially Good for the Gut:

- 80% of your immune response
- 90% of your serotonin production
- Much of your metabolic health & function the strength of your sex drive
- Your inflammation regulation
- A healthy hormone response

Eat a variety of fruits and veggies—especially alliums and crucifers, whole grains, nuts and seeds, and beans and legumes for a variety of fiber types.

Eat balanced meals and be mindful about portions.

Drink water, not calories!

Watch excess sugar; it draws water and can cause diarrhea—think what it's like to eat too much pineapple at once.

Alcohol is a toxin to all body systems, particularly the gut; have a two drink at a time max and a four drinks a week max. Consume probiotic and prebiotic foods regularly.

Swap some animal protein in your diet for plant-based proteins such as lentils, chickpeas or beans for more fiber and less saturated fat. Be mindful about processed foods in order to reduce refined sugar and foods that contain a lot of calories and a lack of nutrients. Avoid sugar substitutes. Studies indicate a negative impact on gut bacteria (particularly sugar alcohols like sorbitol which is notorious for causing diarrhea). Manage stress. The stress response slows digestion and can lead to lack of appetite, and poor motility and nutrient absorption. Be active daily & get quality sleep.

PROBIOTICS: healthy live organisms

- Yogurt
- Kefir
- Kombucha sauerkraut
- Kimchi
- Miso
- Some cheeses
- Sourdough bread

PREBIOTICS: nutrients gut bacteria feeds on to flourish

- Walnuts
- Raw asparagus
- Raw dandelion greens
- Raw leeks & onions
- Slightly green bananas
- Flaxseed
- Oats, rice, potatoes, sweet potatoes beans & peas (cooked & cooled) a variety of fruits and vegetables

Loving Your Liver:

Your detoxification powerhouse and metabolism furnace, the liver works hard 24/7/365 to maintain homeostasis no matter what you throw at it. Show it some love with foods that assist the cleansing process:

- Artichoke
- Milk thistle (sylimarin)
- Turmeric (curcumin)
- Crucifers
- Green tea
- Grapefruit (be mindful of medication interactions)
- Berries (especially wild blueberries)
- Beets (especially raw beet juice)
- Coffee

Your Beautiful Brain:

BALANCED MEALS are a combination of fiber-filled carbs, lean proteins, and inflammation-reducing fats, in portions that create satisfaction, but don't leave you over-full.

DAILY FRUITS & VEGGIES. Aim for variety, greens every day & a rainbow throughout the week.

ANTI-INFLAMMATORY FATS like avocado and olive; nuts and seeds; and fatty fish.

LEAN, HIGH-QUALITY PROTEINS including fish, shellfish, edamame and tofu, quinoa, nuts and seeds.

FIBER lowers LDL cholesterol, sweeps the colon of waste, provides satiety and helps healthy gut bacteria flourish. Get lots of fruits, veggies, nuts and seeds, and whole grains daily.

PREBIOTIC FOODS contain a particular kind of fiber that is super-nourishing to the beneficial bacteria in your gut.

PROBIOTIC / FERMENTED FOODS like yogurt, raw sauerkraut, miso, sourdough bread, kombucha, kefir and kimchi contribute more healthy bacteria to your gut microbiota.

VITAMIN C is important for immune function and tissue repair. Fruits and vegetables are the best sources.

VITAMIN E, or alpha tocopherol, is an antioxidant found in nuts, seeds and plant oils.

BETA CAROTENE & LUTEIN are found in green leafies as well as yellow and orange veggies.

POLYPHENOLS reduce oxidative stress and are found in chocolate, ginger, turmeric, veggies, tea, coffee and red wine.

B VITAMINS help your body's cells function properly and convert calories to usable energy. Bs are found in egg yolks, beef, seafood, poultry, beans and whole grains. B12 is a unique B vitamin and primarily present in animal foods. Absorption declines as we age, so supplementation might be required to keep your level optimal.

FOLATE builds DNA and new cells and is found in beans, poultry, nuts, seeds, leafy greens and whole grains.

WATER aids every single bodily function. Aim for about half your weight in ounces daily.

REDUCE STRESS. Chronic and acute stress can slow digestion, deplete your appetite, and disrupt your body's hormonal, immune and chemical balance.

GET ACTIVE. Find an activity that you love and make it a daily non-negotiable.

LEARN NEW TASKS & USE THEM. Actually applying new knowledge is what increases gray matter in the brain.

SLEEP. Set a goal of getting seven to nine hours per night.

READ longer stories and books, not just quick articles. Engage your brain for a longer period of time on the same subject to really learn it.

SOCIALIZE. Aim to have the most active social life you possibly can. The quality of your relationships is one of the keys to longevity.

PRACTICE MINDFULNESS. Meditation is a particularly effective approach—it's like a workout for mindfulness. More on this in Module 4.

GOOD MOOD FOOD

CITRUS

BERRIES

TART CHERRY JUICE

LEAFY GREENS

ALLIUMS

CRUCIFERS

NUTS

BEANS

BROWN RICE

EGGS

TOFU & EDAMAME

TUNA & SALMON

DARK CHOCOLATE

TURMERIC, CINAMMON & GINGER

The body and mind have a bidirectional relationship, meaning they work together 24/7 to get things done. The foods we eat communicate with our genes, cells, organs, and tissues—so it makes sense to give the body nourishment that helps these systems thrive and helps reduce inflammation. Systemic inflammation

is indicated in every major disease, as well as mood disorders. Our food choices can reduce that inflammation & promote healing. Better gut health equals better brain function and vice versa. Certain foods not only promote the health of our cells and tissues, but also contain, or are precursors/triggers to, the production of happy hormones like serotonin.

KEY NUTRIENTS FOR A BETTER MOOD

- Omega-3 & monounsaturated fats antioxidant vitamins phytonutrients
- Magnesium & selenium
- Probiotic & prebiotic foods fiber