

NUTRITION BASICS

This information is meant to be a guideline. There is no such thing as perfect eating. The goal of eating is to have joy, balance, variety, and moderation. Sound nutrition means listening to your body's cues and responding appropriately. Your history and experiences may make some of the below goals challenging to achieve.

- Cook and eat fresh, self-made foods when possible.
- Try for 5+ fruit and vegetable servings per day. This includes the veggies that come in cooked forms, like sauces.
- Obtain fats from a variety of sources (oils, plants, and animals).
- Eat beans, nuts, and legumes 1+ times per week.
- Incorporate fish into a meal 1+ times per week.
- When palatable and preferred, incorporate whole grains from breads, pastas, cereals, oats, and other grains to get extra fiber in your diet.
- Replace animal meat with vegetarian proteins (beans, lentils, nuts, tofu) a few times each week.
- Minimize sugar sweetened beverage intake.
- Limit added salt intake, especially if you have a medical reason to monitor intake..
- Non-organic food is fine to eat. You will still get plenty of nutrients from non-organic food items and your liver is an excellent filter.
- Incorporate ethical practices and values you believe to the extent that your budget allows. Don't go broke or starve trying to save the planet.
- Consume caffeine and alcohol in moderation.
- Get adequate sleep each night and learn to move your body with joyful exercise.
- Every food provides nutrition, even the foods others label as junk.
- Depriving yourself of preferred foods will likely lead to overconsumption of them at some point in the future.
- Your body does not need to be detoxed or cleansed. The liver handles this for you.
- Diets don't work. Period.



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