WHOLE FOOD DIET

NUTRIENT-DENSE, PROPERLY-PREPARED

NUTRIENT-DENSE

You are likely familiar with the macronutrients: fat, protein, and carbs. However, micronutrients, like vitamins, minerals, and phytonutrients, are arguably MORE important for optimal health. Try to maximize nutrient intake with every food choice you make! A helpful trick is to look for the brightest, richest colors: this often reflects nutrient content. Richly colored fruits and vegetables are the most nutrient dense (think spinach vs iceberg lettuce). Quality also matters: butter from grass-fed cows and eggs from pasture-raised chickens tend to have richer color due to their superior nutrient content.

PROPERLY-PREPARED

Sourcing and preparation also influence diet quality. Seek foods that are grown or raised using natural methods and minimal chemicals. Some foods are best eaten raw, while cooking increases the nutrient bioavailability of others. Soaking, sprouting, and fermenting can also improve the digestibility and nutrient content of certain foods.

instead of asking "how many calories?" ask "how many nutrients?"

TRANSITION TO REAL FOOD

- DO A CUPBOARD CLEANSE
  cleanse your pantry and fridge of everything that doesn't fit the criteria of "real food" (you will eat what you have)
- GET 5+ COLORS ON YOUR PLATE
  color typically indicates nutrient content, so aim for at least 5 colors at each meal
- GET A CSA BOX
  community supported agriculture (CSA) is a great way to get a weekly delivery of nutritious food directly from a local farmer

or plant a few pots or small garden plot with your favorite herbs and veggies

THE WHOLE FOOD RULE

Overwhelmed by finding healthy food at the grocery store? (You're not alone...) The WHOLE FOOD RULE makes it simple: just choose food as found in nature. Have you ever seen apple juice, blueberry muffins, or fish sticks on a hike? Of course not, but you could see an apple tree, blueberry bush, oat field, or fish in the stream! Foods in their natural form are minimally processed & maximally nutritious!