



Lifetime Food “Rules”

- 1) Eat slowly and mindfully every time
- 2) Eat breakfast every day
- 3) Have vegetables every single time you eat lunch and dinner (and breakfast too, if you choose)
- 4) Don't eat after supper (unless your doctor tells you to for a medical condition)
- 5) Drink 60-80 oz of water daily (more for altitude, exercise, heat, etc)
- 6) As often as possible, have 3 meals and 1-2 snacks daily, at about the same time each day
- 7) Eat toward the center of the “Food Target” (choose nutrient-rich, quality power foods) whenever possible
- 8) Think of these foods as “special occasion only”: white flour (pretzels, crackers, white bread, croutons, most pre-packaged/processed foods, etc); white sugar; fast food; soda (diet or regular), processed meats
- 9) Follow the 90/10 rule
- 10) Remember that eating whole, unprocessed foods is exponentially more important than whether you're eating carbs/fat/protein, meat, fruit, legumes, or any other “forbidden by fad” food