



Nutritional Goals

Cut Back on Added Sugars

Refined sugars offer empty calories and disrupt your blood sugar balance.

What to Avoid:

- Sweeteners like white sugar, corn syrup, brown sugar, honey, agave, and maple syrup
- Added sugars hiding in dressings, sauces, and packaged snacks
- Look out for anything ending in “-ose” (e.g., glucose, fructose), syrups, or sugar variants.

Smart Swaps:

- Use whole dates, coconut sugar, or a drizzle of pure maple syrup—always in moderation
- Combine any sweetener with fiber (like oats or chia) or healthy fats to blunt blood sugar spikes

Ditch Refined Grains

Refined carbs are stripped of nutrients and fiber, making them quick to digest—and quick to spike blood sugar with very little nutritional benefit.

Skip:

- White breads, pastas, rice, cereals, tortillas, baked goods, and processed crackers

Check the ingredients: Avoid terms like “*wheat flour*”, “*enriched flour*”, or any highly milled grains.

Better Choices:

- Whole grains like quinoa, millet, farro, steel-cut oats, barley, and buckwheat
- Choose products that list whole grains as the **first** ingredient

Avoid Industrial Seed Oils

These highly processed oils can be inflammatory and are often hidden in processed foods. It is important to read food labels as these are often in products marked as healthy alternatives.

Common Oils to Avoid:

- Soybean, corn, canola, sunflower, safflower, grapeseed, peanut, cottonseed, and any “hydrogenated” oils

Found in:

- Dressings, sauces, chips, crackers, baked goods, frozen meals, fried foods, and nut butters

Healthier Oils:

- Extra virgin olive oil, avocado oil, sesame oil, flaxseed oil, walnut oil

Eat 50+ Grams of Fiber Daily

Fiber supports digestion, blood sugar control, satiety, and healthy gut bacteria.

Start Slow if Needed:

- Begin with 30g/day if you're new to high-fiber eating and gradually increase

High-Fiber Foods:

- Beans and lentils (up to 15g per cup)
- Chia and basil seeds (8–15g per 2 tbsp)
- Raspberries, blackberries, avocado, Brussels sprouts, and broccoli

Pro tip: Use a food tracker app with barcode scanning to monitor fiber intake easily.

Include Probiotic-Rich Foods

A healthy gut plays a major role in immune function, digestion, and even mood.

Aim for 3+ servings/day from:

- Plain yogurt or kefir (unsweetened, with live cultures)
- Sauerkraut, kimchi, miso, tempeh, natto, apple cider vinegar
- Kombucha (check labels—many have added sugar)

Supplements: Look for **1–10 billion CFUs** with multiple strains like *Lactobacillus* and *Bifidobacterium*.

Boost Omega-3 Fats

Omega-3s reduce inflammation and support heart, brain, and joint health.

Target: At least 2,000 mg/day

Best Animal Sources:

- Salmon, sardines, anchovies, mackerel, trout, pasture-raised eggs

Top Plant Sources:

- Chia, flax, basil, and hemp seeds
- Walnuts, algal oil

Quick Fixes:

- Keep canned fish (like Wild Planet) on hand
- Sprinkle seeds or crushed walnuts on salads or yogurt
- Choose quality supplements from reputable brands

Add Plant Diversity for Antioxidants & Micronutrients

Eating a wide range of colorful plant foods delivers vitamins, minerals, and anti-inflammatory compounds.

Goal:

- 30+ different plants/week including fruits, veggies, herbs, nuts, seeds, legumes, and spices
- 2 servings daily of cruciferous vegetables like broccoli, cauliflower, brussels sprouts, or kale

Extra tip: Chop cruciferous veggies and let them sit before cooking to activate their health-boosting compounds.

Consider keeping a food journal or using an app to track progress and stay accountable to your goals.