



Nutrition - ToDo

Aim for consistency. New preferences will follow.

SWAP and ADD YOUR WAY TO NEW EATING PATTERNS

Pick one or two items to add or swap out a few times a week.

Baseline goal: 30g fiber/day ♦ 30 plants/week ♦ 30g Protein/meal for 90g/day

Increase protein if highly active or ~60 yrs+ (protein synthesis capacity ↓ with age).

#1 ADD FIBER AND FERMENTS

Work up to 3 servings of whole-food live ferments per day.

Gradually add a variety of fiber to reach 30+g/day - nuts & seeds, fruits, whole grains

Swap whole grains or reheated potatoes (resistant starch) for bread or rice.

Swap packaged cereal for high fiber fruits (blackberries & raspberries) with natural yoghurt (ferment) + a tablespoon or two of chopped nuts (fiber, protein, healthy fat).

#2 SWAP OUT ULTRA-PROCESSED FOODS AND ADDED SUGARS

A handful of nuts or vegi + real cheese or hummus for fake cheese & crackers or chips

Whole grains for most breads, white rice, and highly processed high starch foods.

Fruit and dark chocolate (70%+ chocolate) for baked goods, packaged desserts.

#3 ENJOY HEALTHY FATS - BRAIN AND BODY ESSENTIALS

Plant based Mono & Polyunsaturated Fats: Ex. Olive oil, avocados, nuts & seeds.

Moderate Saturated Fats. Ex. Swap out red meat for fish or plant proteins 1 to 2x/wk.

Swap Olive Oil and quality flavored vinegars (no additives) for prepared dressings.

#4 DISCOVER THE RAINBOW OF PLANT VARIETY

30+ per week: Fruits and vegetables, legumes, whole grains, spices, herbs - includes plant ferments like sauerkraut, kimchi, miso, tofu and coffee. Rainbow of colors ideal!

#5 FOOD TIMING FOR REST, REPAIR, RESTORE

Give body time to clean up and renew. Digestion takes 2-4 hours → crowds out sleep's repair window and the microbiome's and mitochondria's cleanup shifts

Baseline target: 12-14 hours overnight fast between last and first meal of the day.

Stop eating 2-3 hours before bed (2-4 hrs digestion replaces deep sleep's early hours of rest/repair/restore and brain cleansing schedule)



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RECOMMENDATIONS FOR REWIRING BRAIN FOOD HABITS

Recommendation	Reason
Don't go hungry	The brain slows metabolism and drops energy (desire to move, be active) to conserve energy. Motivation hard to maintain. Taps willpower reserves - a finite resource!
No counting calories (unless short term, for context)	Rarely works in the long run. Leverage whole foods, fiber and healthy fats → ↑ satiety for longer and ↓ energy crashes
Swap, Don't Deprive	Avoid brain cravings triggered due to deprivation. Help the brain discover rewarding alternatives → rewiring → new habit / new preferences

WHEN THINGS DON'T GO AS PLANNED

Recommendation	Reason
Remember - Perfection not required!	Mostly good enough is good enough! 80/20 Rule or 90/10 offers consistency and flexibility to enjoy life in the present.
Experiment - Tailor to what works for you.	Individuals often respond differently to food - some can eat carbs, some not so much, some better on more healthy fats than others. Some changes are easier to make for various reasons. Change up your choices. Find what works for you. Be your N-of-1 test case.

About Counting - Focus on Adding

Primary goal: add what's needed. Let satisfaction and satiety push out the not so good.

Get a feel for what enjoyable foods provide essential fiber, ferments, and veg variety needed for your gut bugs.

Worried about calories? OK to get an idea of where they are coming from → know if satiated without exceeding energy level needs.

These notes summarize an understanding of current evidence and personal learning at the time of writing. They are intended to support more informed decisions and do not replace professional medical advice.