Food Choices for Whole-Body Health

Nutrition Guidance to Support How You Feel

What you eat has a real impact on inflammation, energy, hormone balance, and overall wellbeing. Trust yourself! You don't have to overhaul everything overnight. Start with the changes that feel most doable, and build from there.

All of these recommendations should be individualized and taken into account for YOUR current health situation.

Foods to Cut Back On

- **Added sugar:** Aim for no more than 24g of added sugar per day, and avoid artificial sweeteners.
- **Gluten and dairy:** Consider cutting these out. Eggs and organic ghee or butter are generally fine to keep. Even fermented dairy like plain yogurt and/or Kefir can often be healthy/helpful.
- **Foods in a box (or freezer):** Premade meals are often inflammatory (and expensive). They often lack many of the nutrients we require for optimal health.
- **Snack packs:** Like Goldfish crackers, granola, saltine crackers, etc. are void of nutrition, add unnecessary calories, and often add sugar, dyes, and other additives that take away from our health.

Building an Anti-Inflammatory Plate

- **Overall pattern:** Aim for a non-inflammatory way of eating, such as a Paleo or Mediterranean diet, or a combination of the two.
- **Vegetables:** 5–6 servings a day, focusing primarily on dark leafy greens. (Serving sizes are smaller than you think)
- **Fruit:** 2–3 servings a day, focusing primarily on berries when possible. (Serving sizes are smaller than you think)
- **Protein:** Aim for around 75g – 100g per day. This helps regulate blood sugar, provide muscle and cell repair, and give building blocks for healing.
- **Nuts:** Add 1/4 cup of nuts (almonds, pecans, walnuts, etc.) or 2 tablespoons of nut butter daily to your snacking, if you don't have a nut allergy.
- **Fish:** Incorporate fish — such as trout, wild-caught salmon, sardines, or anchovies — into your meals, ideally twice a week.
- **Ground flaxseed:** 2 tablespoons a day, stirred into smoothies, yogurt, or similar foods.
- **Fiber:** The goal is to build up to 30g of fiber per day. Most people need to build up to this amount of fiber. Also you must be getting adequate hydration to help fiber move through your body. Many whole foods have fiber naturally. You can also consider supplementing when gaps are present. Fiber helps regulate our blood sugar and helps bind and remove many things from our body that should not be sitting around. Fiber is the food for probiotics (good bacteria) that improve our overall health.
- **Fermented foods:** Kefir, yogurt, sauerkraut, fermented vegetables, kimchi, raw apple cider vinegar are examples of fermented foods. Fermented foods are sources of probiotics without having to buy an expensive supplement.

Hydration

- Aim for around 100 oz (about 3 liters) of water a day.

Meal Timing

Consider working up to a time-restricted eating: eating all of your meals and snacks within an 8 or 10-hour window each day (for example, 9 a.m.–5 p.m., or 10 a.m.–6 p.m.), with no food outside of that window. You can drink water freely at any time. Try to have your last food intake at least 2 hours before bedtime.

As always, please talk with us about any of these changes, especially if you have specific health conditions, allergies, or are pregnant or breastfeeding — we're happy to help tailor this to you.

Powell Valley Healthcare