

# Nutrition Guide

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

## BEANS

Servings: 3 per day  
ex: 130g cooked, 60g hummus



## FRUITS

Servings: 3 per day  
1 medium fruit, 40 g dried fruit



## PROTEIN

Servings: 2 per day  
ex: 50g cooked poultry or fish



## SEEDS

Servings: 1 per day  
1 tbsp ground flaxseed



## GRAINS

Servings: 3 per day  
100 g hot cereal, 1 slice of bread

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## EXERCISE

Once per day  
ex: 90 min moderate or 40 min vigorous



## DAIRY

Servings: 2 per day  
ex: 1 glass of milk, 1 cup of yogurt



## CRUCIFEROUS

Servings: 1 per day  
30-80g chopped, 1 tbs horseradish



## VEGETABLES

Servings: 3 per day  
ex: 1 medium fruit, 40 g dried fruit



## NUTS

Servings: 1 per day  
30 g nuts, 2 tbsp nut butter



## SPICES

Servings: 1 per day  
ex: 1/4 tsp turmeric



## BEVERAGES

Servings: 2 liters per day  
water, herbal tea, coconut water



# Guide Nutrition Guide

**Liyong Dong**



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