# **Nutrition Guide**

# BEANS

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



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



### PROTEIN

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



#### SEEDS

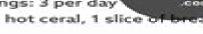
Servings: 1 per day 1 tbsp ground flaxseed



little 🗸

### GRAINS

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



# EXERCISE

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



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

## DAIRY

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



#### CRUCIFEROUS

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



# VEGETABLES

Servings: 3 per day ex: 1 medium fruit, 40 a 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**

Michael Rajnik



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