

Optimal Health Pyramid

5

Eat sparingly
Red Meat
Eggs
Red Wine

4

0-3 servings Fruit—mostly melon, berries (low glycemic load fruits)
1-2 servings Healthy Fats—nuts, seeds, extra virgin olive oil, avocado

3

2-3 servings Beans, lentils, whole grains (low glycemic load carbs)

2

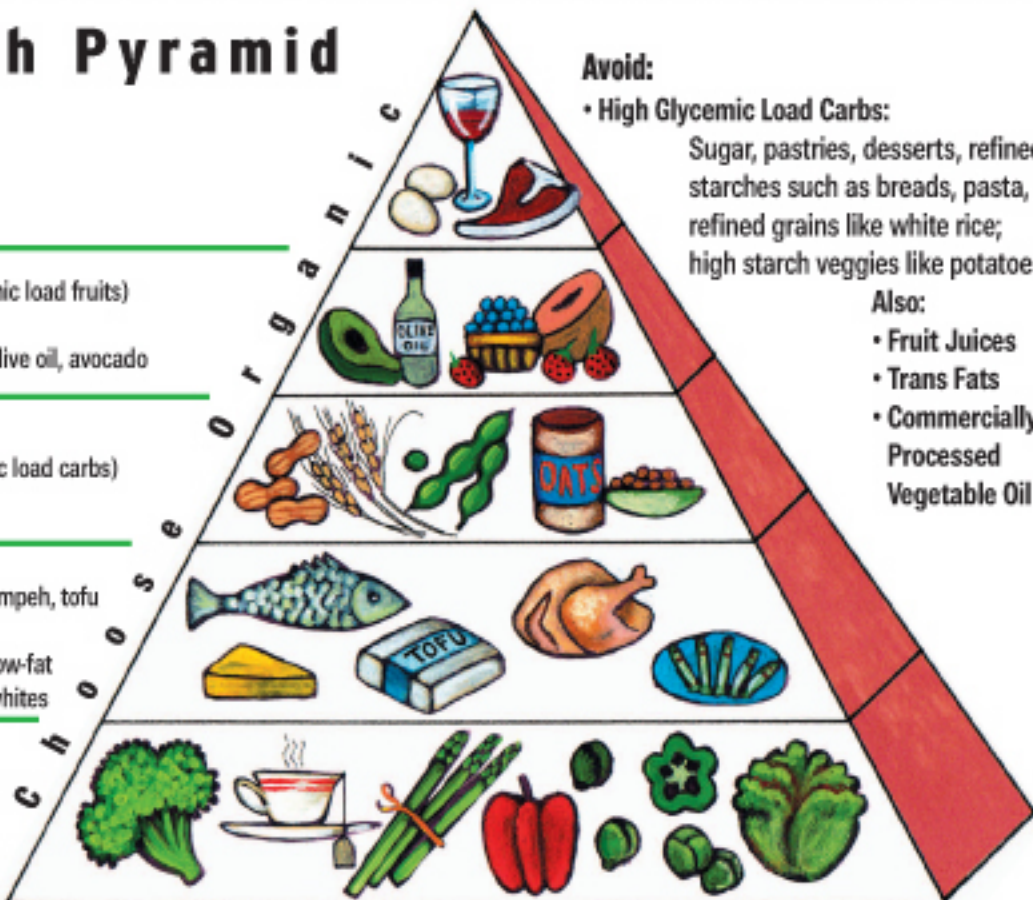
Protein Sources:
2-4 servings Vegetable Protein—soy protein, miso, tempeh, tofu
2-4 servings Fish (wild caught)
1-2 servings Lean Animal Protein—skinless poultry, low-fat dairy foods, egg whites

1

5-7 servings Vegetables—mostly green above ground type
2-8 cups Green Tea

Include:

Daily Exercise
Water (filtered) 5-8 glasses
Stress Management
Weight Control



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Aggressive Nutrient
Supplementation



HERE'S AN HONEST FOOD GUIDE YOU CAN COUNT ON. Courtesy of *Fantastic Voyage: Live Long Enough to Live Forever* by Ray Kurzweil & Terry Grossman, M.D. (Rodale, Nov 2004). Learn more about Glycemic Load at www.mendosa.com/common_foods