

Healthy lifestyle chart	<i>amount</i>											
Fluids (½ oz per pound of body weight of good, clean water. Part can be herbal tea. Avoid carbonated drinks, alcohol, and caffeine [coffee, tea, green tea, etc.])	¼ total											
	“											
	“											
	“											
Exercise (30-60 min/day)	cardio											
	resistance											
Vegetables (1 fist-sized serving per 25# body weight. Include many colors of vegetables as well as leafy greens [of which 1 serving is 2-fist-size])												
Protein (5-6 ½-palm-size servings, spaced at 2-3 hour intervals; half from vegetable sources, i.e. nuts [except peanuts], seeds, legumes; half from animal sources, i.e. eggs, lamb, wild meat, chicken, fish, some beef)	½-palm-size											
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	“											
	“											
	“											
Whole grains, preferably sprouted (1 ½-fist-sized serving per 25# body weight; less if treating inflammation)												
Electives, limited (fruit, yogurt, sweet things)												