

Combining large (epidemiological) and small-scale (IR) science:

Dietary Conclusions, by Dr. Clyde Wilson

Choose 1 (or 2) foods from each food group per meal:

- Put a CHECK by the foods for a typical breakfast
- UNDERLINE the foods for a typical lunch

Protein: ½ fist	Produce: fruit, veggie	Unsat Fat: in thumbs	Starch: ½ fist
Soy, salmon, sardine, poultry white meat, egg whites, nonfat unsweetened dairy Low-fat dairy [1 fist milk] lean meat, poultry dark meat. <i>LIMIT protein higher in saturated fat.</i>	SALAD: 2 fists AND VEGGIES (can be on salad): ½-1 fist Go for many colors: Green, red, etc. Fruit as dessert: ½ fist Berries are the best option. <i>LIMIT junk sweets.</i>	All of are equal health: Avocado: 4 thumbs Seeds: 3 Nuts, olive, dressing: 2 Vegetable/olive oil: 1 Nut butter: 1 thumb Soy, salmon, sardine: Amount in far left column	Beans, yams, visually-coarse whole grains (dark bread and cereal that are visually rough), oats. Other whole grains & cereals, brown rice. <i>LIMIT potatoes, white rice / bread / pasta.</i>

Fill in the blocks for a day based on the above. Mark the ideal time for your meals:

	Protein	Produce	Unsaturated Fat	Starch
Mark the IDEAL TIME by each meal.	soy, salmon, sardine, poultry, egg, dairy, lean meat	Dark-green salad, colorful veggies, colorful fruit	Avocado, seeds, nuts, olive, veg.oil/dressing soy, salmon, sardine	Lentil, beans, yam, WG bread/pasta/rice cereal, oats, potato
Breakfast Time:				
Lunch Time:				
Dinner Time:				
Snacks (2 columns) Times:				

The amount (in ounces, 8-oz cups, Liters, etc) of **TOTAL FLUIDS** you consume in 1 day:

The amount of your fluid that is **WATER**:

How you could best pace your fluid intake through the day:

The main changes you see on this page from your regular diet: