



# FOOD FOUNDATIONS

for Brain, Body and Mind

*Rewire your brain for habits you'll enjoy.*



## Timing Matters

Limit eating 2-3 hours before bedtime then...

“Break your fast” 12+ hours later



## No Fixed Diet Rules

Focus on guiding principles not perfection – 80/20 or 90/10

Tailor the approach that works best for you

No going hungry or counting calories - not required



## Mostly Whole Foods, Mostly Plants

Limit high or ultra processed foods and refined sugars

Add lots of plant diversity and fiber for your microbiome

Include healthy fats! EVOO, avocado, nuts and seeds....

Sufficient total protein. (Like animal protein? Your choice but keep modest, augment with veg protein.)



## Food 1<sup>st</sup>, Supplement 2<sup>nd</sup>

Build your nutrition foundation with real food

Augment with supplements if needed.

*Eat Real Food, Mostly Plants*

*Perfection not required*

Explore more resources at

[AgeSmartLiving.com/playbooks/nutrition](https://AgeSmartLiving.com/playbooks/nutrition)