



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 next morning



No Fixed Diet Rules

Focus on guiding principles not perfection
Tailor the approach that works best for you
No-Rule exception: No going hungry or counting calories



Mostly Whole Foods, Mostly Plants

Limit high or ultra processed foods and refined sugars
Lots of plant diversity and fiber for your microbiome
Modest amounts of animal protein? Your choice



Food 1st, Supplement 2nd

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