

OPTIMAL NUTRITION

- 1. I eat at least one cup of leafy green veggies a day Y N**
- 2. I eat at least 5 colors of the rainbow a day Y N**
- 3. I drink at least 8 glasses of filtered water a day Y N**
- 4. I DO NOT use artificial sweeteners Y N**
- 5. I eat good fats every day, at every meal Y N**
- 6. My daily diet mainly consists of whole, unprocessed foods
Y N**
- 7. I use olive oil, avocado oil, coconut oil in cooking Y N**
- 8. I DO NOT use corn oil, vegetable oil, canola oil, soybean
oil, safflower oil Y N**
- 9, I eat clean protein- organic, non-GMO, no-antibiotic
sources of meat, poultry, eggs, dairy, soy Y N**
- 10. I eat wild-caught (not farm raised) sources of fish Y N**
- 11. I never or rarely eat big mouth fish (shark, tuna) Y N**
- 12. I STAY CLEAR of Fried anything (most days) Y N**
- 13. I STAY CLEAR of refined sugars in the form of cakes,
candy, sweets, ice cream (most days) Y N**
- 14. I know how to prepare/cook healthy, whole food meals
Y N**

- 15. I use some or all of these herbs and spices- garlic, turmeric, italian herbs, cayenne pepper, rosemary, ginger, curcumin, curry**
- 16. I get a daily dose of flavonoids from some of the following foods- dark chocolate, organic coffee or green tea, matcha, organic red wine, berries, Y N**
- 17. I STAY Clear of alcohol in other forms other than red wine (most days) Y N**
- 18 I eat in a relaxed setting, taking my time and enjoying the food and the experience Y N**
- 19. I eat fermented foods on a regular basis and/or take a high quality probiotic Y N**
- 20. I am aware of my own food sensitivities Y N**
- 21. I DO NOT suffer from frequent GI distress, bloating, gas, heartburn, flatulence, or stomach pain Y N**
- 22. I have regular (daily) well-formed bowel movements Y N**
- 23. I eat a variety of fruits and vegetables daily Y N**