

Nutrition Cheat-Sheet

- Avoid high glycemic carbs
- Consume probiotics (good bacteria) from fermented products
 - Kefir, yoghurt, kombucha tea, sauerkraut, pickles
- Consume prebiotics (food for probiotics)
 - Asparagus (5%), onion (9%), garlic (17%)
 - Acacia fiber (86%)
- Improve gut flora by
 - Exercise
 - Cutting sugar & artificial sweeteners
 - Reduce stress
 - Drink coffee
- **Get enough DHA**
 - Eat small fatty fish
 - Consider a supplement
- Avoid large fish containing pollutants
 - Tuna, pike- and swordfish
- Generally smaller fish are safe
 - Mackerel, cod, pollock, sardines
- Reduce omega-6 intake from oils like
 - corn, soybean, sunflower and safflower oils.
- Include
 - Extra Virgin Olive Oil
 - Good antioxidants
 - Oleic acid (omega-9)
 - Coconut oil
 - Beta-HBA
- Eat avocados, nuts and organic eggs