



Nutrivore

Weekly Serving Matrix

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Nutrivore Weekly Serving Matrix

Instructions

“ The Nutrivore Weekly Serving Matrix is a simple and flexible checklist to keep track of your daily and weekly servings of nutrient-dense, healthy foods.

The Nutrivore Weekly Serving Matrix makes it super easy to put the Nutrivore philosophy into practice, regardless of which dietary template you follow! It's quite simply a checklist to keep track of your daily and weekly servings of Nutrivore foundational foods, other foods known to improve health, and dietary diversity.

The idea behind the Nutrivore Weekly Serving Matrix is to track the healthiest foods you eat, not every single thing you eat. Whenever you eat, check off every checkbox that applies for each component of your meal or snack. If a food doesn't fit a checkbox, you're still allowed to eat it, you just don't need to track it. You can use visual approximations to estimate serving sizes, so you don't need to weigh or measure anything. It takes me all of thirty seconds to fill mine out each meal, so this is a much easier way to keep track of your nutrient intake than any app or food journal!

Before we get into specific instructions on using the Nutrivore Weekly Serving Matrix, let's review what the goal of a Nutrivore approach is as well as what's behind each of the three sections:

- Nutrivore Meal Map
- Dietary Diversity and Eat the Rainbow
- Foundational Foods Weekly Servings and Bonus Servings.

What Is Nutrivore?



Nutrivore is a powerful yet simple dietary concept:

Get all the nutrients our bodies need from the foods we eat.

Being a Nutrivore is about the overall quality of the whole diet, and not about a list of yes-foods and no-foods. In this way, being a Nutrivore is a diet modifier rather than a diet itself—a nutritivorous approach can be layered atop of other dietary structures and priorities (or anti-diet or no specific diet) in order to meet an individual's specific health needs and goals.

The easiest way to be a Nutrivore is to have the foundation of the diet be a wide variety of nutrient-dense whole foods, including:

- Vegetables (aiming for 5 to 8+ servings daily, selecting from as many veggie families as possible: crucifers, leafy veggies, roots and tubers, onion family, mushrooms, parsley family, etc.)
- Fruit (aiming for 2 to 3 servings daily, selecting from as many fruit families as possible: berries, citrus, melons, apple family, stone fruits, tropical fruits, etc.)
- Legumes (aiming for 4+ servings per week)
- Fish and shellfish (aiming for 3+ servings per week, and up to every meal)
- Nuts and seeds (aiming for 4 to 7 servings per week)
- Olives and avocado (or their oils) in moderate amounts
- Herbs and spices (use liberally)
- Whole grains, dairy, eggs, poultry, and red meat in moderate amounts

Nutrivore supports a balanced approach to diet—the more nutrient-dense foods we choose, the more room there is for empty calories to round out meals or to supply flavor and joy, let's call them quality-of-life foods!

The Nutrivore philosophy appreciates the inherent nutritional value of foods, without labeling any food as "good" or "bad". By extension, no singular food choice is a bad one, and Nutrivore fully embraces treats, cultural foods, and food traditions, without derision. Not every food you eat needs to be the pinnacle of nutrient density—your diet can meet your nutritional needs while including some low nutrient-density, quality-of-life foods.

The more we can fill our plates with vegetables, fruits, mushrooms, and legumes, and choose fish, shellfish, or organ meat for our proteins, season liberally with herbs and spices, cook with healthy fats like olive oil, and eat health-promoting foods like nuts and seeds in moderation, the higher the nutritive quality of our overall diet. The Nutrivore philosophy seeks to improve our nutrition while facilitating a healthier relationship with food, our bodies, and our health.

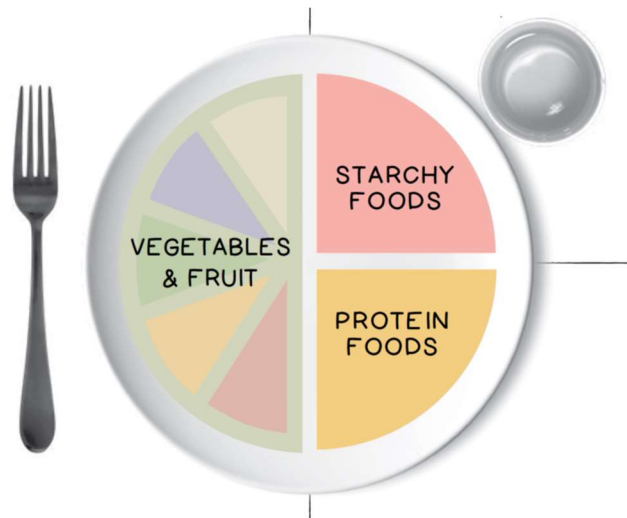
This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

The Nutrivore Meal Map

The Nutrivore goal of getting all of the nutrients our bodies need from the food we eat is most straightforwardly accomplished by adopting a plant-forward, omnivorous, balanced, predominantly whole foods diet.

A *balanced diet* refers to eating a wide range of foods in the right proportions to deliver balanced macronutrients. And *balanced macronutrients* refers to a diet whose proportion of protein, carbohydrates and fats falls within the Accepted Macronutrient Distribution Ranges, or AMDR. The AMDRs are set by the

Food and Nutrition Board of the Institute of Medicine based on evidence from interventional trials with support of epidemiological studies that suggests a role in the prevention or increased risk of chronic diseases, and based on ensuring sufficient intake of essential nutrients (hello, Nutrivore!).



The AMDRs are 10 to 35% calories from protein, 20 to 35% calories from fat, and 45 to 65% calories from carbohydrate (but no more than 25% from sugars). These are the happy medium ranges for protein, fat and carbohydrates that a wealth of scientific studies prove best supports overall health. Importantly, there's a lot of wiggle room within these AMDR ranges, which means there's a lot flexibility in adopting a balanced diet. For example, if you eat a 2,000-calorie-per-day diet, your macronutrients would be balanced if you consume anywhere between 50 and 150 grams of protein, 44 to 78 grams of fat, and 190 to 270 grams of carbohydrates with at least 28 grams of fiber. You can certainly still apply the Nutrivore philosophy to a macronutrient-manipulation diet, such as low-carb or low-fat, however more careful selection of foods will be required to ensure your meeting your nutritional needs.

Whether cooking at home, or eating out, the easiest way to eat a balanced Nutrivore diet is to follow the Nutrivore Meal Map for most of your meals. Mentally, divide your plate into four roughly equal quarters. Each quarter will supply a different collection of vital nutrients, and altogether they will add up to a balanced, nourishing meal.

Fill one quarter of your plate with a starchy food.

One to two servings of a starchy food (defined as one cup raw for starchy vegetables and fruit like plantains, or one ounce raw for pulse legumes and whole grains, all of which translate to about half a cup cooked) at each meal is sufficient to meet carbohydrate needs for most people and contribute substantial dietary fiber to the diet (one serving of sweet potato has 4 grams of fiber and one serving of lentils has 7 grams of fiber).

Fill one quarter of your plate with a protein food.

One to two servings of a protein food (defined as three ounces for cooked meat and seafood; two large eggs; one cup of broth, milk or yogurt; one and a half ounces of cheese; a quarter cup for tofu, and half a cup for cooked pulse legumes like lentils) at each meal is sufficient to meet protein needs for most

people, and provided you're consuming a variety of protein foods, ensure adequate intake of all nine essential amino acids.

When you select a whole-food plant protein, for example the classic combination of rice and beans (together, a complete protein), merge the quarter of your plate filled with protein foods with the quarter of your plate filled with starchy foods. Processed plant proteins like tofu, tempeh, seitan, plant-based meats and protein powders count only towards the protein quarter and not toward the starch quarter of your plate.

Fill the remaining half of your plate with a variety of vegetables and fruit.

Covering half of your plate with vegetables and fruit (and three quarters of your plate if your starchy food is a root vegetable or winter squash) at each meal is a simple way to easily achieve the goal of five or more servings of vegetables and two servings of fruit daily. Ideally, choose two or more different ones (for example, a quarter of your plate covered in broccoli and a quarter filled with beets) at each meal, hitting all five color families (red, orange and yellow, green, blue and purple, and white and brown) throughout the day, and with as much variety in veggie family over the course of the week as possible.

Cook and dress your food with healthy fats—such as olive oil, avocado oil, soybean oil, canola oil, corn oil or sunflower oil. Alternatively or additionally, incorporate whole food sources of healthy fats into your meal—think fish and shellfish, olives, avocados, nuts and seeds. It's totally fine to use butter or other animal fats (like bacon drippings) for flavor when cooking calls for it, but know that studies do show that swapping out butter and other highly saturated cooking fats for vegetable oils reduces risk of all-cause mortality as well as mortality from specific causes, including cardiovascular disease, diabetes, cancer, respiratory disease, and Alzheimer's disease. cardiovascular disease

Season as you enjoy with spices and herbs, and know that you're upping the health benefits of your meal when you do! Thanks to their super phytonutrient content, herbs and spices have been shown to have powerful antioxidant activity, exhibit cancer-preventive effects, reduce inflammation, and reduce cardiovascular disease risk.

And finally, drink mostly water.

Choosing mostly water—including flavored or infused waters, sparkling water, club soda, spring or mineral water, and regular ol' tap water—helps to keep us hydrated; but some other beverages are health-promoting when consumed in moderation like tea, coffee, milk, juice and fermented beverages like kombucha, kefir, and kvass, and juice.

Using the Nutrivore Meal Map as a visual guide to construct most of your meals will help you eat a balanced, nutrient-dense diet without additional effort. Incorporate a further focus on choosing mostly whole foods, embracing a wide diversity of different foods, and eating the rainbow of fruits and vegetables, and you've got most of your nutritional bases covered!

Nutrivore Meal Map

50%

Vegetables & Fruit

2-5 SERVINGS

E.G., leafy veggies, root veggies, cruciferous veggies, mushrooms, alliums, citrus and berries

*Season and garnish with herbs and spices

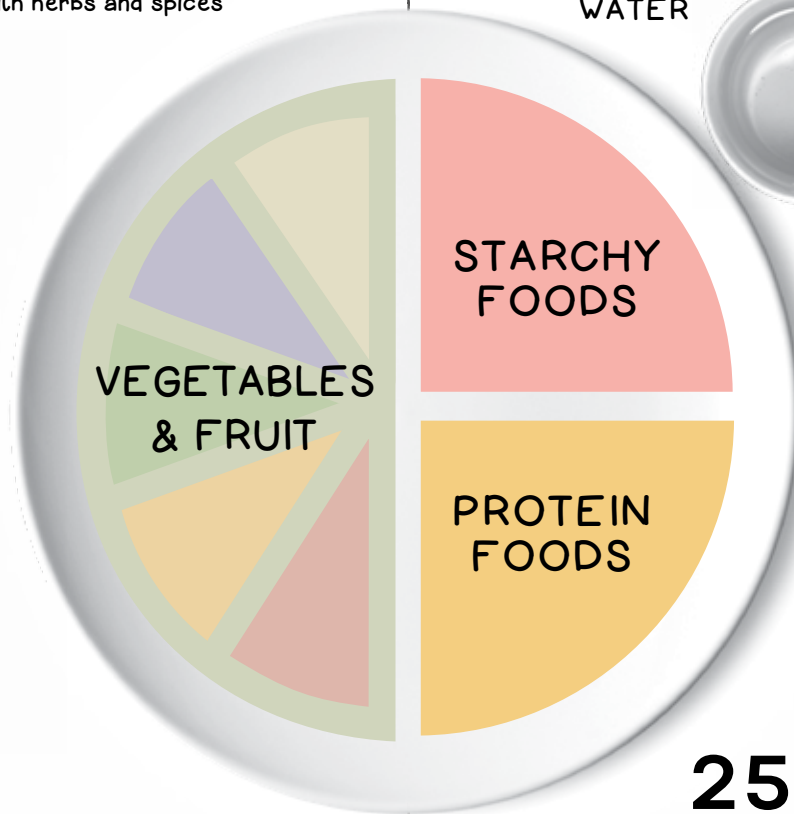
25%

Starchy Foods

1-2 SERVINGS

E.G., pulse legumes, whole grains and starchy vegetables

DRINK MOSTLY WATER



25%

Protein Foods

1-2 SERVINGS

E.G., meat, seafood, broth, eggs, dairy and plant proteins

* If choosing whole-food plant proteins like lentils or edamame, merge the starch and protein quarters of your plate.

CHOOSE MOSTLY WHOLE FOODS AND VARY THE FOODS YOU EAT DAY TO DAY

Eat the Rainbow

AIM FOR AT LEAST ONE SERVING OF PLANT FOODS FROM EACH OF THE COLOR FAMILIES DAILY

- * Red
- * Orange + yellow
- * Green
- * Blue + purple
- * White + brown

CHOOSE HEALTHY FATS

to cook and dress your foods and for meal components

E.G., nuts and seeds, fish, avocados, olives, olive oil, and vegetable oils

Dietary Diversity and Eat the Rainbow

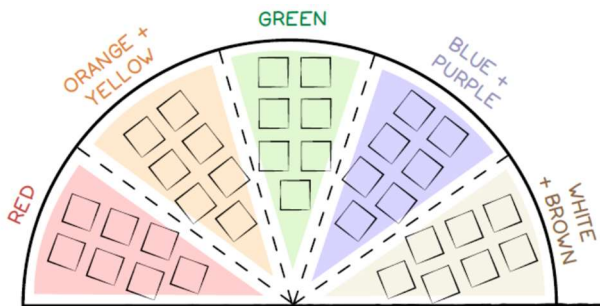
One of the most important features of a health-promoting diet is eating a wide variety of foods, i.e., high dietary diversity. This is because more diverse diets are higher quality and more nutrient-dense. In fact, Dietary Diversity Scores can be used as a proxy for nutrition, with low scores equating to malnourishment and high scores equating to healthy diets. In addition, studies have shown that people who eat 30 or more different plant foods each week have a substantially healthier and more diverse gut microbiome than people who eat 10 or fewer plant foods per week, which is extremely important for supporting our overall health.

In a study that included nearly half a million people living in nine European countries and followed for 22 years, the people in the highest Dietary Species Richness (81 or more different species in the diet over the course of a year) had a 37% reduced risk of all-cause mortality compared to those with the lowest Dietary Species Richness (48 or fewer different species in the diet over the course of a year). The authors calculated that, for every additional 10 species we consume annually, all-cause mortality decreases by 10%! Studies have also shown that high dietary diversity reduces cardiovascular disease and cancer mortality.

While more studies are needed to determine the best target number of different foods per day or per week, the current scientific evidence makes a case for aiming for at least 12 different whole foods per day, and 35 different whole foods over the course of the week.

It's additionally beneficial to eat a variety of vegetables and fruit, especially "eating the rainbow."

The pigments that give different fruits and vegetables their characteristic colors are phytonutrients; each one of these classes of phytonutrients have distinctive benefits, which is why choosing vegetables and fruits of different colors is important for ensuring that we consume a wide variety of these beneficial compounds. One review concluded that 42% of health outcomes were improved by color-associated pigments, and that those health outcomes that were improved by multiple pigments included body weight, lipid profile, inflammation, cardiovascular disease, type 2 diabetes, cancer, and total mortality. In fact, this review shows that color-associated fruit and vegetable variety may confer additional benefits to population health beyond total fruit and vegetable intake. So, aim for dietary representation of each of the five color families for fruits and veggies:



- red
- orange and yellow
- green
- blue and purple
- white and brown

Nutrivore Foundational Foods

The foundation of a Nutrivore diet is whole and minimally-processed foods, with the nutritionally distinct foundational Nutrivore foods being vegetables in general, alliums, cruciferous vegetables, mushrooms, root vegetables, leafy vegetables, fruit in general, citrus fruits, berries, nuts and seeds, legumes, and seafood.

This does not mean these are the only foods to eat on Nutrivore; instead, it means that getting all of the nutrients your body needs from the foods you eat will be easiest when you prioritize these foods as the foundation of your diet. You can then round out your diet with whatever other foods you choose.

Vegetables – Aim for aiming for 5+ servings daily

Vegetables are rich sources of diverse fiber types, a vast array of phytonutrients, vitamin C, vitamin K, manganese, and copper, with many also being abundant in B-vitamins (especially B1, B5, B6, biotin and folate), potassium, and magnesium.

- Nutrivore uses the culinary definition of a vegetable (i.e., savory applications in the kitchen) rather than the botanical definition (i.e., any plant part not derived from the ovary of a plant) because the culinary definitions better align with the nutrient profiles.
- A serving of most vegetables is 1 cup raw, or about the size of a fist; a serving of leafy veggies is 2 cups raw, or about two fists. Most vegetables shrink to about half that volume when cooked.
- Mix up eating your veggies raw versus cooked. If you feel better sticking with one or the other, that's okay.
- Frozen and canned are great options. Fermented vegetables are also great options.
- Select from as many different vegetable families as possible. In addition to the foundational food families specified below (cruciferous vegetables, alliums, mushrooms, root vegetables and leafy vegetables), other veggie families include:
 - nightshades (e.g., tomatoes, peppers, potatoes, eggplant and chilis)
 - beet family (e.g., beets, chard, amaranth, dragon fruit and prickly pear)
 - parsley family (e.g., parsley, carrots, celery, fennel, dill, parsnips, and cilantro)
 - sea vegetables (e.g., kombu kelp, nori kelp, arame, wakame)
 - thistle family (e.g., artichoke and cardoons)
 - ginger family (e.g., ginger, turmeric, and galangal)
 - edible-podded legumes (e.g., snap peas, green beans, snow peas)
 - summer squash (e.g., zucchini and pattypan squash)
 - other veggies (e.g., asparagus, fiddleheads, sea beans, avocados, and olives)
- It's also beneficial to choose different color vegetables, also called "eating the rainbow". Ideally, you would consume at least one serving from each of the five color families every day, which are:
 - red
 - orange and yellow
 - green
 - blue and purple
 - white and brown
- It's okay to work up to this serving goal slowly over time.
- There is no maximum amount of vegetables to eat per day, although you get more health benefits going from eating none to any than you get from going from eating lots to tons.

Cruciferous Veggies (Cabbage Family) – Aim for 1+ servings daily

Members of the cruciferous veggie family tend to be high in beneficial fiber types, vitamin C, vitamin K, biotin, folate, manganese, carotenoids, and polyphenols; but the super special nutrients they contain that elevate them to foundational foods status are glucosinolates.

- A serving of most cruciferous vegetables is 1 cup raw chopped, or about the size of a fist; a serving of leafy cruciferous veggies is 2 cups raw, or about two fists. Most vegetables shrink to about half that volume when cooked.
- Examples of cruciferous vegetables include:
 - arugula
 - bok choy
 - broccoli
 - Brussels sprouts
 - cabbage
 - cauliflower
 - Chinese broccoli
 - collard greens
 - daikon
 - horseradish
 - kale
 - kohlrabi
 - mizuna
 - mustard
 - radish
 - rutabaga
 - tatsoi
 - turnip
 - wasabi
 - watercress

Root Vegetables – Aim for 1+ servings daily

Root vegetables tend to be rich in slow-burning carbohydrates, beneficial fiber types, B-vitamins (other than vitamin B12) and minerals, most notably copper, magnesium, manganese, phosphorus and potassium.

- Root vegetables is a broad category of vegetables that include roots, tubers, corms, bulbs and starchy botanical fruit like plantains and winter squash. Many root vegetables also belong to other vegetable families, such as cruciferous vegetables and the parsley family. There are both starchy and non-starchy root vegetables; both are beneficial.
- A serving of root vegetables is 1 cup raw and chopped, or about the size of a fist. Most root vegetables shrink by about half when cooked.
- Examples of root vegetables include:
 - acorn squash
 - arrowroot
 - bamboo shoot
 - beet root
 - butternut squash
 - carrot
 - cassava (aka tapioca, yuca)
 - celeriac
 - daikon
 - delicata squash
 - ginger
 - Hubbard squash
 - Jerusalem artichoke
 - jicama
 - kabocha squash
 - lotus root
 - parsnip
 - plantain
 - potato
 - pumpkin
 - radish
 - rutabaga
 - spaghetti squash
 - sweet potato
 - taro
 - tiger nut
 - turnip
 - water chestnut
 - yam

Leafy Veggies – Aim for 1+ servings daily

Nutritionally, leafy greens have diverse nutrient profiles, but they all tend to be high in beneficial fiber types, folate, manganese, magnesium, carotenoids, polyphenols and vitamin K. While we technically can get all of these nutrients from other vegetables, leafy vegetables are our best sources, packing a ton of nutrients into a very low-calorie package, which is why they turn up as protective again and again in scientific studies.

- A serving of leafy vegetables is 2 cups raw, or about two fists. Most leafy vegetables shrink by half or more when cooked.
- Many leafy vegetables also belong to other vegetable families, such as cruciferous vegetables and the beet family.
- Many fresh herbs can also count as leafy vegetables—such as basil, cilantro, parsley, mint and chervil—in which case a serving is $\frac{1}{4}$ cup raw.
- Examples of leafy vegetables include:
 - amaranth greens
 - arugula
 - beet greens
 - chard
 - collard greens
 - cress
 - dandelion
 - endive
 - kale
 - komatsuna
 - lettuce
 - microgreens
 - mizuna
 - mustard greens
 - pea leaves
 - purslane
 - radicchio
 - sorrel
 - spinach
 - sprouts
 - sweet potato leaves
 - watercress

Alliums (Onion Family) – Aim for 3+ servings weekly

Nutritionally, alliums tend to be excellent sources of beneficial fiber types, vitamin B6, folate, vitamin C, vitamin K, manganese, potassium, copper, and iron. What's more, alliums boast a number of important phytonutrients—most notably their thiosulfates which is the special thing they have that elevates them to foundational food status, but also carotenoids and polyphenols.

- A serving of most alliums is 1 cup raw chopped, or about the size of a fist. A serving of chives is $\frac{1}{4}$ cup chopped (the serving size for fresh herbs), and a serving of garlic is one clove (about 1 teaspoon minced).
- Examples of alliums include:
 - chives
 - elephant garlic
 - garlic
 - leek
 - onion
 - scallion
 - spring onion
 - shallot
 - ramp

Mushrooms – Aim for 3+ servings weekly

Mushrooms aren't just superbly nutrient-dense, they also contain unique fiber types and phytonutrients that support our healthy in many ways but that we can't get in any other food; plus they are by far our best source of ergothioneine! Mushrooms earn their foundational food status in multiple ways!

- A serving of root mushrooms is 1 cup raw sliced, or about the size of a fist. Most mushrooms shrink by about half when cooked.
- Examples of mushrooms include:
 - boletus
 - button mushroom
 - chanterelle
 - cremini
 - lion's mane
 - maitake
 - morel
 - oyster mushroom
 - portobello
 - shiitake
 - white mushroom
 - wood ear mushroom

Fruit – Aim for 2 to 3 servings daily

Fruit are rich sources of diverse fiber types and a vast array of phytonutrients—complementary to those in vegetables—in addition to vitamin C and copper, with many also being a good source of B-vitamins (especially B1, B2, B5, B6, biotin and folate), vitamin K, manganese, magnesium, and potassium.

- Nutrivore uses the culinary definition of a fruit (i.e., sweet applications in the kitchen) rather than the botanical definition (i.e., derived from the ovary of a plant) because the culinary definitions better align with the nutrient profiles.
- While fruit has an optimal consumption range to maximize health benefits of 2 to 3 servings daily, it's okay to eat up to twice the serving target of fruit per day.
- A serving of fruit is 1 cup raw, or about the size of your fist. Most fruit will shrink by about half when cooked. For dried fruit, ¼ to ½ cup counts as a serving.
- Frozen and unsweetened canned options are healthy choices.
- Select from as many different fruit families as possible. In addition to the foundational food families specified below (citrus fruit and berries), other fruit families include:
 - apple family (e.g., apples, pear, and quince)
 - stone fruit (e.g., peaches, nectarines, plums and cherries)
 - melons (e.g., watermelon, honeydew, cantaloupe, and casaba melon)
 - tropical and subtropical fruit (e.g., mango, banana, kiwi, pineapple, and pomegranate)
 - other fruit (e.g., grapes, pawpaw, persimmon)
- You can also count fruit when you "eat the rainbow".

Citrus Fruit – Aim for 3+ servings weekly

Citrus fruits offer a wide array of vitamins and minerals, but they're most valuable for their highly bioavailable vitamin C, carotenoids, polyphenols and beneficial fiber types—the combination of flavonoids, pectin fiber, and vitamin C is what elevates citrus fruits to foundational food status.

- A serving of citrus fruit is 1 cup raw segments or pieces, or a whole fruit about the size of your fist.
- Juice is a good option, although not as nutrient-dense as the whole fruit. About 2 ounces of juice is equivalent to 1 serving of whole fruit.
- Examples of citrus fruit include:
 - blood orange
 - Buddha's hand
 - citron
 - clementine
 - grapefruit
 - kaffir lime
 - key lime
 - kumquat
 - lemon
 - lime
 - mandarin
 - Meyer lemon
 - orange
 - pomelo
 - tangerine

Berries – Aim for 2+ servings weekly

Nutritionally, berries truly stand out among the fruits thanks to their awesome polyphenol content, especially anthocyanins, which is how they earn foundational food status. They tend to be particularly high in vitamin C (especially strawberries, supplying 141% of the daily value per cup!), beneficial fiber types, manganese, and in some cases vitamin K, and other vitamins and minerals.

- A serving of berries is 1 cup raw (sliced if large), or about the size of your fist. Most berries will shrink by about half when cooked.
- Examples of berries include:
 - açai
 - blackberry
 - blueberry
 - cloudberry
 - cranberry
 - currant
 - elderberry
 - goji
 - gooseberry
 - huckleberry
 - lingonberry
 - loganberry
 - mulberry
 - muscadine
 - Oregon grape
 - raspberry
 - salmonberry
 - strawberry

Pulse-Type Legumes – Aim for 4+ servings weekly

Pulse legumes—like lentils, chickpeas, soybeans and black beans—are an extremely concentrated source of beneficial fiber types that are known to increase the growth of probiotic bacteria in our guts, which is how they earn foundational food status. Plus, they're typically great sources of vitamin B1, vitamin B2, vitamin B6, biotin, folate, copper, iron, magnesium, manganese, phosphorous, potassium, selenium and zinc! They contain a good amount of protein and typically are very high in polyphenols.

- A serving of legumes is ½ cup cooked, or about half a fist. Typically, this is the amount you would get when you cook 1 ounce, or about 1/5 cup, of dried beans. Canned and packaged beans are great options.
- Examples of pulse-type legumes include:
 - black bean
 - black-eyed pea
 - chickpea
 - common bean
 - cranberry bean
 - fava bean
 - Great Northern bean
 - kidney bean
 - lentil
 - lima bean
 - navy bean
 - mung bean
 - peas (mature)
 - peanut
 - pigeon pea
 - pinto bean
 - runner bean
 - soybean

Nuts and Seeds – Aim for 4 to 7 servings weekly

Nuts are some of the most nutritious, whole-food healthy fat sources out there! They tend to be our best food sources of vitamin E, plus contain beneficial fiber types, alpha-linolenic acid, and monounsaturated fats, the collection of which grants nuts and seeds foundational food status. They are also usually good sources of copper, magnesium, manganese, vitamin B1, biotin, folate, polyphenols and phytosterols (which lower cholesterol).

- A serving of nuts and seeds is 1 ounce, or about a level cupped palmful.
- Examples of nuts and seeds include:
 - almonds
 - Brazil nut
 - cashew
 - chia
 - coconut
 - flax
 - hazelnut
 - hemp
 - macadamia nut
 - pecan
 - pine nut
 - pistachio
 - poppy
 - pumpkin
 - sesame
 - sunflower seed
 - walnut

Fish and Shellfish – Aim for 3+ servings weekly

Seafood is our best source of long-chain omega-3 fatty acids by a mile, solidifying foundational food status, but that's not all! Fish is a great source of vitamins B1, B2, B3, B6, B9, B12 and E, zinc, phosphorus, magnesium, iron, copper, potassium and selenium, with oily cold-water fish also providing substantial amounts of vitamin A and vitamin D. Fish with bones remaining, such as canned salmon and sardines, are the best dietary sources of calcium in the food supply. And marine fish are an excellent dietary source of iodine. And, shellfish are extremely rich sources of vitamin B12, zinc, copper and selenium while also providing impressive amounts of vitamin A, vitamin C, vitamin D, iron, copper, calcium, phosphorus, potassium, magnesium, manganese, iodine and selenium. Shellfish also contain smaller but still notable amounts of vitamins B1, B2, B3, B5, B6, and B9, while also providing dozens of trace minerals. Fish and shellfish are typically, but not always, combined in scientific studies.

- A serving is 4 ounces, or about the size of the palm of your hand. Frozen and canned seafood are great options.
- You get the same benefits from wild-caught compared to farmed options.
- Examples of seafood include:
 - anchovy
 - bass
 - catfish
 - clam
 - cod
 - crab
 - crawfish
 - hake
 - halibut
 - herring
 - lobster
 - mackerel
 - mahi mahi
 - mussel
 - octopus
 - oyster
 - prawn
 - salmon
 - sardine
 - scallop
 - shrimp
 - snapper
 - squid
 - tilapia
 - trout
 - tuna

Honorable Mention Foods (aka Bonus Servings)

The Bonus Servings section of the Nutrivore Weekly Serving Matrix highlights a few additional food families with impressive health and nutritional benefits, but which are more nutritionally interchangeable than the Nutrivore foundational foods. You can think of these foods as a bonus if you're looking to up the ante on nutrient density. The honorable mentions of food families are: herbs and spices; olives, avocados and their oils; sea vegetables; fermented foods; tea; broth; and organ meats.

Olives, Avocado and their Oils

- A good goal is one or two servings per day of olives, avocado and their oils.
- A serving is ¼ cup of olives, whole or sliced, or avocado, sliced or mashed.
- A serving of olive oil or avocado oil is one tablespoon.

Tea

- A good goal is three servings of tea per day.
- A serving is 8 fluid ounces (250 milliliters, or 1 cup)
- White, green, oolong, black and pu'er tea are the best studied for health benefits, but you can count herbal teas here as well.

Sea Vegetables

- One or two servings of sea vegetables per week, and up to a serving per day is a great goal.
- A serving is 1 cup (about 15 grams) for fresh or rehydrated seaweed, 5 grams for dried sea vegetables, and 3 grams for sheets (like nori wraps).
- Examples of sea vegetables include:
 - aonori
 - arame
 - carola
 - dabberlocks
 - dulse
 - hijiki
 - kombu
 - laver
 - mozuku
 - nori
 - ogonori
 - sea grape
 - sea kale
 - sea lettuce
 - wakame

Bone Broth

- A great goal is a serving per day, especially if you have joint issues.
- A serving of bone broth is 1 cup.

Organ Meat

- Any amount of organ meat is a nutritional win since it's so nutrient dense. A great goal for nutrient go-getters is 3 or 4 servings per week.
- A serving is 3.5 ounces, measured raw, or about 3 ounces once cooked.
- Examples of organ meat include:
 - blood
 - bone marrow
 - brain
 - chitterlings and natural casings (intestines)
 - fries (testicles)
 - head meat (cheek and jowl)
 - heart
 - kidney
 - lips
 - liver
 - melt (spleen)
 - sweetbreads (thymus gland or pancreas)
 - tail
 - tongue
 - tripe (stomach)

Fermented Foods

- A great goal is two or three servings per week, and up to a serving with every meal.
- A serving is 6 ounces for kombucha, water kefir, or kvass; 1 cup for yogurt or milk kefir; and ¼ cup for kimchi, sauerkraut or other fermented vegetables or fruit. A serving is 1 tablespoon for fermented condiments.
- Ideally, eat fermented foods raw (not pasteurized or cooked) to maximize probiotic content. Some fermented condiments are pasteurized, like fish sauce and soy sauce, so while these are great choices, they don't provide all the goodness of other fermented foods. The same is true for vinegar brine-pickled vegetables and eggs as well as lactofermented meats like salami, since heat is involved, so while these are still great choices, you're missing out on live probiotics.
- Examples of raw, fermented foods include:
 - fermented condiments (relishes, salsas)
 - fermented fruits (green papaya, chutneys)
 - fermented vegetables (beets, carrots, pickles, onions)
 - jun
 - kimchi
 - kombucha
 - kvass
 - milk kefir
 - sauerkraut
 - surströmming
 - water kefir
 - yogurt
 - vinegar

Herbs and Spices

- Even one third of a serving of herbs and spices daily delivers health benefits, and the more the better.
- A serving is 1 tablespoon dried herbs and spices, whole or ground. For fresh herbs, a serving is ¼ cup.
- Examples of herbs and spices include:
 - ajwain
 - allspice
 - amchur (mango powder)
 - anise seed
 - annatto seed
 - asafetida
 - balm (lemon balm)
 - basil leaves (sweet)
 - bay leaves (laurel leaves)
 - black caraway
 - black pepper
 - caraway
 - cardamom
 - celery seed
 - chamomile
 - chervil
 - chives
 - cilantro (coriander leaf)
 - cinnamon
 - cloves
 - coriander seed
 - cumin seed
 - curry leaves
 - dill seed
 - dill weed
 - epazote
 - fennel seed
 - fenugreek
 - fenugreek leaves
 - garlic
 - ginger
 - green peppercorns
 - horseradish
 - juniper
 - kaffir lime leaves
 - lavender
 - lemongrass
 - mace
 - marjoram
 - mustard seed
 - nutmeg
 - onion
 - oregano
 - parsley
 - peppermint
 - perilla leaves (beefsteak leaves)
 - pink peppercorns
 - poppy seed
 - rosemary
 - saffron
 - sage
 - savory
 - sesame seed
 - spearmint
 - star anise
 - sumac
 - tarragon
 - thyme
 - truffles
 - turmeric
 - vanilla bean
 - wasabi
 - white pepper

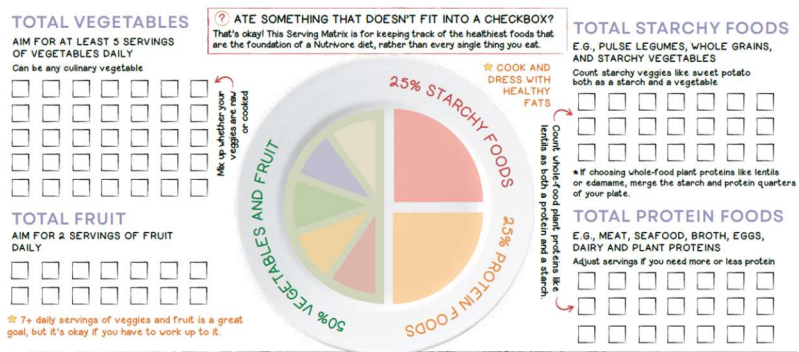
How to Use the Nutrivore Weekly Serving Matrix

The Nutrivore Weekly Serving Matrix offers a simple yet effective way to track your intake of nutrient-rich foods without the hassle of weighing, measuring or logging your foods. Instead, simply check off the corresponding boxes for each component of your meals and snacks. If a food doesn't align with a checkbox, you're still welcome to enjoy it without the need for tracking.

You don't need to measure exactly how much you eat of any given foods—rough estimates are just fine! Instead, you can use visual approximations for serving sizes, like approximating 1 cup as the same volume as your fist, or approximating one tablespoon as the same volume as the top segment of your thumb. You can find a handy-dandy cheat-sheet of serving sizes and their visual approximations at the end of the end of these instruction.

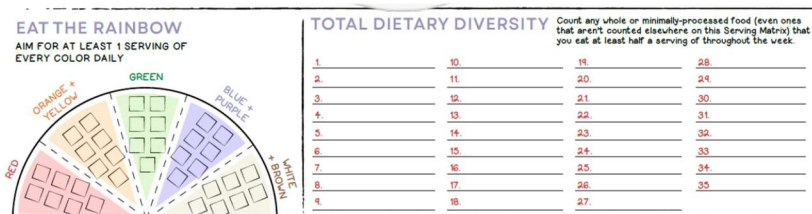
The Nutrivore Weekly Serving Matrix has three main sections. Let's go through each of them.

Section 1: The Nutrivore Meal Map



The first section is built around the Nutrivore Meal Map as a gentle reminder of how to craft a balanced meal. Here, you'll find checkboxes for protein foods, starchy foods, total vegetables, and total fruit. If you choose a root vegetable for your starchy food, go ahead and check both your starchy food checkbox and a vegetable serving checkbox (and a root vegetable checkbox in the third section). If you choose a whole-food plant protein like lentils for your protein food, merge your protein and starch quarters of your plate and check both your protein food box and starchy food box (and a pulse legume box in the third section).

Section 2: Dietary Diversity and Eat the Rainbow



The second section is where you keep track of dietary diversity and eating the rainbow. In the Eat the Rainbow section, check a checkbox every time you eat a serving of vegetables or fruits from each color family. As a goal, aim for at least two or three different fruits and veggies of each color, during the week—every day is even better which is why there's seven checkboxes for each color family!

For Total Dietary Diversity, count all whole or minimally-processed foods that you consume at least half a serving of cumulative throughout the week and write it down on the lines provided. Your goal is 35 different whole foods per week, and you have 40 lines to use to keep track. Unfortunately, refined foods or ingredients don't count here, only the whole or minimally-processed version of that food. For example, you wouldn't count corn starch as corn, but you can count canned creamed corn or corn meal as corn.

Go ahead and count different varieties of fruits and veggies (since we know that red leaf lettuce and green leaf lettuce have different phytonutrient profiles) toward dietary diversity. However, different cuts of meat from the same animal don't vary enough nutritionally to count them separately, that is unless you're eating organ meat. So for example, if you eat chicken thigh one night and chicken breast the next for dinner, that's only one Total Dietary Diversity line item, i.e., chicken; but if you also make chicken liver mousse during the week, you get to write in "liver" on an additional line.

What about foods you eat in small quantities, like spices or ingredients in baked goods? As long as you get at least half of a serving cumulative throughout the week (so, 1½ cloves of garlic total during the week, or 1½ teaspoons of cinnamon, for example), it counts!

Section 3: Foundational Foods Weekly Servings and Bonus Servings

FOUNDATIONAL FOODS WEEKLY SERVINGS

7+ SERVINGS OF CRUCIFEROUS VEGGIES (e.g., cabbage, broccoli, kale)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3+ SERVINGS OF CITRUS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>⚠️ DON'T FORGET TO DRINK ENOUGH WATER!</p> <table border="0"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input 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7+ SERVINGS OF LEAFY VEGGIES (e.g., lettuce, spinach, chard)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2+ SERVINGS OF BERRIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																									
7+ SERVINGS OF ROOT VEGGIES (e.g., sweet potatoes, carrots, beets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4+ SERVINGS OF PULSE LEGUMES (e.g., black beans, lentils, chickpeas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																									
3+ SERVINGS OF ALLIUMS (e.g., onions, leeks, garlic)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4+ SERVINGS OF NUTS AND SEEDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																									
3+ SERVINGS OF MUSHROOMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3+ SERVINGS OF SEAFOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																																																									

BONUS SERVINGS (PROGRESS > PERFECTION. REMEMBER THAT THESE ARE BONUS AND NOT MUST!)

Additional VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Additional SEAFOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>TEA</p> <table border="0"> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> <tr><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td></tr> </table>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Additional FRUIT (limit to 4 or 5 servings daily)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SEA VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Additional PULSE LEGUMES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FERMENTED FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
Additional NUTS & SEEDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HERBS & SPICES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
										EVOO, OLIVES AND AVOCADO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
										BROTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													
										ORGAN MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																													

The third section is Nutrivore Foundational Foods Weekly Servings and Bonus Servings—this is where you keep track of those nutrition powerhouse foods that contribute the most nutrients to the overall diet. Simply check the appropriate box when you eat a serving of a food that qualifies! If you eat a food that belongs to two foundational food families, check both boxes that apply. For example, kale is both a leafy vegetable and a cruciferous vegetable, and turnips are both a root vegetable and a cruciferous vegetable.

Incorporated into this section is an area to track hydration. The latest research suggests that adult males should consume about 13 cups (101 ounces, or 3 liters) of fluid per day, and adult females should consume about 9 cups (74 ounces, or 2.2 liters)—but this includes all beverages (yes, even tea and coffee), as well as the water content of the food we eat. We get about 20% of our daily water from food, particularly fruits, vegetables, and soups!

Bonus Servings are for tracking additional nutrient-dense, health-promoting foods (like organ meat, tea, fermented foods, and sea vegetables) that didn't make the cut as foundational foods. These are the types

of foods that pack a huge nutrient punch, so eating them earns you more wiggle room for quality-of-life foods; but because the scientific evidence just isn't there to support categorizing them as foundational, they're totally optional. This section is also where all you nutrient go-getters can keep track of any servings of foundational foods you eat beyond the weekly goal. So, for example, if you eat six servings of legumes during the week, you can check off the four boxes in the Foundational Foods Weekly Servings section, plus two boxes in the Bonus Servings section.

What to Check, When

When you eat a food, you'll often check off a checkbox in all three sections of the Nutrivore Weekly Serving Matrix. For example, let's say you eat an orange for a snack. In the first section, you'll check off a Total Fruits checkbox. In the second section, you'll both check off an orange+yellow checkbox under Eat the Rainbow and write in "orange" under Total Dietary Diversity (provided it's the first orange you eat this week). And in the third section, you'll check off a citrus fruit serving checkbox under Foundational Foods Weekly Servings.

When in doubt, don't overthink it. If you aren't sure if a food counts towards a checkbox, or if how much you ate equals a serving or not, use your best judgment and it's okay to guess!

“What if I Don't Eat That?”

If you are allergic or intolerant to a food family on the Nutrivore Weekly Serving Matrix, or if you choose not to eat a food for other reasons, it's also okay to ignore that section or to use it to track the most similar food nutritionally instead. In fact, this is how you will adapt the matrix to your chosen diet. So, for example, if your chosen diet doesn't include legumes, you can use those checkboxes to track additional servings of starchy root vegetables. If you're allergic to nuts, you can use those checkboxes to track seeds, coconut and/or other sources of healthy fats like olives and avocado. If you're allergic to fish and shellfish, you can just ignore those checkboxes completely, or use them to keep track of taking an algal oil supplement.

Just remember, that if your diet eliminates all food sources of specific nutrients, it's important to work with your doctor, licensed nutritionist or registered dietitian to come up with a workaround.

Progress > Perfection

Finally, it's absolutely okay to use the Nutrivore Weekly Serving Matrix to track your progress towards your Nutrivore goals! If any aspect seems intimidating—like eating so many servings of vegetables in a day—do the best you can and iterate towards your goal! Let's say you don't eat any vegetables now, then one serving per day is a great place to start! You can add half a serving or a whole serving every couple of weeks and slowly build up to 5 per day—gradual change can set you up for better success in achieving your long-term goals.

Nutrivore Weekly Serving Matrix

WEEK OF: ___/___/___

INSTRUCTIONS: EVERY TIME YOU EAT, CHECK EVERY BOX THAT APPLIES FOR EACH FOOD ON YOUR PLATE

TOTAL VEGETABLES

AIM FOR AT LEAST 5 SERVINGS OF VEGETABLES DAILY

Can be any culinary vegetable

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? ATE SOMETHING THAT DOESN'T FIT INTO A CHECKBOX?
That's okay! This Serving Matrix is for keeping track of the healthiest foods that are the foundation of a Nutrivore diet, rather than every single thing you eat.

TOTAL STARCHY FOODS

E.G., PULSE LEGUMES, WHOLE GRAINS, AND STARCHY VEGETABLES

Count starchy veggies like sweet potato both as a starch and a vegetable

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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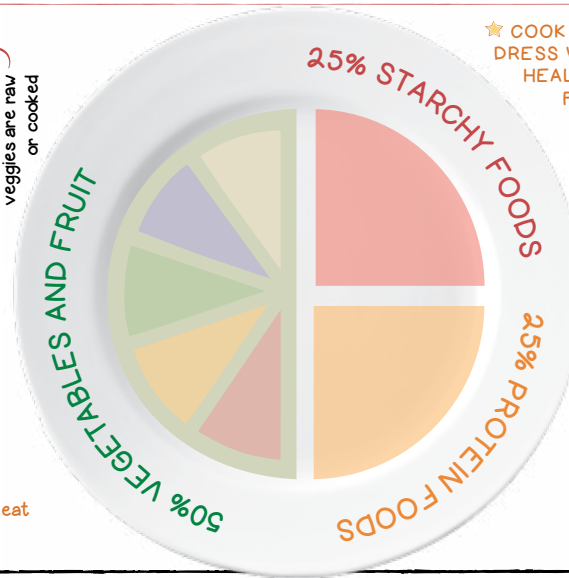
* If choosing whole-food plant proteins like lentils or edamame, merge the starch and protein quarters of your plate.

TOTAL PROTEIN FOODS

E.G., MEAT, SEAFOOD, BROTH, EGGS, DAIRY AND PLANT PROTEINS

Adjust servings if you need more or less protein

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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★ COOK AND DRESS WITH HEALTHY FATS

Count whole-food plant proteins like lentils as both a protein and a starch.

Mix up whether your veggies are raw or cooked

TOTAL FRUIT

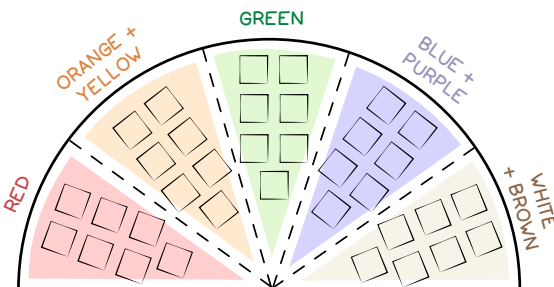
AIM FOR 2 SERVINGS OF FRUIT DAILY

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

★ 7+ daily servings of veggies and fruit is a great goal, but it's okay if you have to work up to it.

EAT THE RAINBOW

AIM FOR AT LEAST 1 SERVING OF EVERY COLOR DAILY



TOTAL DIETARY DIVERSITY

Count any whole or minimally-processed food (even ones that aren't counted elsewhere on this Serving Matrix) that you eat at least half a serving of throughout the week.

1.	10.	19.	28.
2.	11.	20.	29.
3.	12.	21.	30.
4.	13.	22.	31.
5.	14.	23.	32.
6.	15.	24.	33.
7.	16.	25.	34.
8.	17.	26.	35.
9.	18.	27.	

FOUNDATIONAL FOODS WEEKLY SERVINGS

7+ SERVINGS OF CRUCIFEROUS VEGGIES (e.g., cabbage, broccoli, kale)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7+ SERVINGS OF LEAFY VEGGIES (e.g., lettuce, spinach, chard)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7+ SERVINGS OF ROOT VEGGIES (e.g., sweet potatoes, carrots, beets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3+ SERVINGS OF ALLIUMS (e.g., onions, leeks, garlic)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3+ SERVINGS OF MUSHROOMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3+ SERVINGS OF CITRUS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2+ SERVINGS OF BERRIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4+ SERVINGS OF PULSE LEGUMES (e.g., black beans, lentils, chickpeas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4+ SERVINGS OF NUTS AND SEEDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3+ SERVINGS OF SEAFOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

★ DON'T FORGET TO DRINK ENOUGH WATER!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check for each 12-24 oz you drink

BONUS SERVINGS (PROGRESS > PERFECTION: REMEMBER THAT THESE ARE BONUS AND NOT MUST!)

Additional VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional FRUIT (limit to 4 or 5 servings daily)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional PULSE LEGUMES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Additional NUTS & SEEDS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Additional SEAFOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SEA VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FERMENTED FOODS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HERBS & SPICES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVOO, OLIVES AND AVOCADO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BROTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ORGAN MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TEA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What Is a Serving?

1 TBSP for FATS, OILS, SPICES AND DRIED HERBS



top half of thumb

The top half of the thumb is approximately 1 Tablespoon

1/4 CUP for AVOCADO, OLIVES, COCONUT, TOFU AND FRESH HERBS



cupped palm: rounded

A rounded, cupped palm is approximately 1/4 Cup

1/2 CUP for WHOLE GRAINS (measured cooked), LEGUMES (measured cooked) AND DRIED FRUIT



bottom 2 fingers

The bottom 2 fingers of a closed fist is approximately 1/2 Cup

1 CUP for CHOPPED FRUITS, MOST VEGGIES (measured raw), BONE BROTH, MILK AND YOGURT



4 fingers of a fist

The 4 fingers of a closed fist is approximately 1 Cup

2 CUPS for LEAFY VEGGIES (measured raw)



4 fingers of a fist of 2

The 4 fingers of 2 closed fists is approximately 2 Cups

1 OZ for NUTS AND SEEDS, WHOLE GRAINS (measured dry), PULSE LEGUMES (measured dry)



cupped palm: level

A level cupped palm is approximately 1 OZ

1.5 OZ for CHEESE



2 thumbs

2 thumbs are approximately 1.5 OZ

3 OZ for MEAT AND SEAFOOD (measured cooked)

3.5 OZ for ORGAN MEAT, RED MEAT AND POULTRY (measured raw)

4 OZ for FISH AND SHELLFISH (measured raw)



palm

The palm is approximately 3-4 OZ (depending on size)