

Dr. Mercola's Food Pyramid for Optimal Health



Grains and Sugars

- Minimal to no consumption
- Includes complex carbs such as bread, cereal, pasta, potatoes, corn, rice and grain products

Protein

- Grass-fed, organic meat and poultry
- Organic pastured eggs
- Safe fish such as wild Alaskan salmon
- Raw, organic dairy



Fruits

- Consume fruit in moderation
- Limit fructose to below 25 grams a day, including 15 grams from whole fruit

Healthful Fats & Veggies

- Healthy fats include coconuts, avocados, olive oil, butter, and raw nuts
- Raw, organic vegetables

Nutrition is the first and most important key to health. I recommend focusing on eating whole, unprocessed foods while avoiding grains and sugars, which are precursors to disease.

Consume a diet primarily high in healthy fats like coconuts, avocados, olive oil, butter, and raw nuts like almonds (ideally between 50-75 percent in your diet) and raw, organic vegetables.

Next, consume good protein such as grass-fed, organic meats and organic pastured eggs. My current recommendation is one gram of protein for every kilogram of lean body mass, increasing it by 25% if you are pregnant or training for athletic events. This translates out to about 49-70 grams of protein a day for most people.

Eat fruits moderately because they contain fructose, which should be kept below 25 grams a day, including 15 grams from whole fruit.

Finally, reduce or eliminate grains from your diet to help lower your insulin and for you to better achieve optimal health and well-being.