

“LIVE LIFE NOW” SCORECARD	SUN	MON	TUES	WED	THU	FRI	SAT
<b>No “Great White Hazards”</b> – white flour products, white rice, white potatoes, sugar/sweets. Make dark chocolate your sweet of choice.							
<b>5 or More Servings of Veggies</b> (about 3 cups total) – best are any dark leafy greens/lettuce, cabbage, broccoli, cauliflower, Brussels sprouts, avocado, artichokes, carrots, sweet potatoes, onions, garlic, leeks, tomatoes, asparagus, red/orange/yellow bell peppers. Use herbs and spices liberally – dried or fresh.							
<b>2 or More Servings of Fruit</b> (about 1 cup total) – best are berries (any variety) cherries, plums, apples, any whole citrus, cantaloupe, peaches, pears, red grapes, kiwi.							
<b>Fermented Foods Daily</b> – yogurt, kefir, tempeh, kraut, kimchi, kombucha, etc.							
<b>No Sweet Beverages</b> – soda, fruit drinks, fruit juice, sports drinks (choose water, unsweetened tea, vegetable/tomato juice, low-fat milk, plain soy milk, or coffee).							
<b>1 or More Servings (1/2 cup) of Beans/Legumes</b> – any variety in any form – canned, fresh, frozen, or dried.							
<b>2 –3 servings (1/2 cup) of 100% Whole Grains</b> – Intact whole grains like brown rice, oatmeal, quinoa, barley, etc. are the best choices.							
<b>Healthy Protein at Every Meal</b> – fish (especially oily fish like salmon, lake trout, sardines), beans, nuts/seeds, whole soy foods, poultry, wild game, shellfish, omega 3 eggs, low fat dairy products. Limit/ avoid red meat and whole dairy products.							
<b>Healthy Fat at Every Meal</b> – Best are extra virgin olive oil, canola oil, avocado oil, grape seed oil, sesame oil, nuts/seeds, nut butters, avocado. Avoid butter, stick margarine, shortening, and vegetable oils.							
<b>A Generous Handful (1 oz) of Nuts</b> – Almonds, walnuts, cashews, pistachios, hazelnuts, Brazil nuts, pecans, pine nuts, peanuts (seeds are excellent too).							
<b>3 Meals and No More Than 1 Snack</b> – The earlier you eat dinner, the better.							
<b>Portion Control</b> – At meals, limit what you eat to what fits into your 2 hands cupped together minus the fruits and veggies (no need to limit portions of fruits/veggies).							
<b>Sleep</b> – At least 7 hours.							
<b>Exercise</b> – At least 30 minutes of moderate to vigorous aerobic activity (walking fantastic). Resistance activity (weights, yoga, etc.) at least 2 days a week. Avoid prolonged sitting.							