

IDEAL DAILY FOOD GOAL

FILL AN 8" PLATE TWICE DAILY WITH THE FOLLOWING PROPORTIONS.

The plate should be alive with colorful vegetables such as purple eggplant, dark green kale, and bright orange winter squash – cooked with olive oil. No more than three lean ounces of beef, chicken, or fish should be on the plate.

MEAT, FISH or FOWL

VEGETABLE (Green)

FRUIT, DAIRY or VEGETABLE

VEGETABLE

FOR BREAKFAST, SNACKS & DESSERTS, ADD:
2-3 servings of protein (meat, fish, fowl, hard cheese, 24 hr. lactose-free yogurt, 1/4 cup nuts or 2" x 2" x 2" baked nut goodie),
1-2 servings of fruit, and/or more vegetables.

Most people eat too much food to be healthy. The whole, natural foods of the SCD are more nutritious than the SAD (Standard American Diet); therefore, less food is needed to sustain, nourish and satisfy our bodies and appetites. After following the SCD for a time, you may need to cut or add to proportions depending upon whether you need to lose or gain weight.

- * **If you desire to lose weight**, focus on eating smaller portions and lower glycemic fruits and vegetables. If you are losing weight too quickly (more than 10 pounds a month), add to the portions.
- * **If you desire to gain weight**, eat on a larger plate, increase portions and add more nuts, almond flour baked goods, lactose free smoothies (maximum of 3 cups per day), olive oil, and avocados. Make sure to include bananas (no more than 2), carrots or squash daily.
- * **If you are hypoglycemic or diabetic**, eat little to no honey, less fruit and mostly low glycemic vegetables. Eat some protein before carbohydrates at a meal.

Those who follow this eating plan typically reach their normal/healthy weight and stabilize there.