

# 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.**