

Building Nutritarian Muscle

Practice Makes Permanent

You have mastered this:



Eating a large salad daily

Eating a **healthful breakfast** (e.g. steel cut oats and berries)



Eating healthfully at home

Understanding the basics



Increasing your fruit and vegetable intake

Avoiding white sugar, white flour and minimizing oil



Now start doing this:

Add a serving of cooked green vegetables and replace sugary foods with fresh fruits

Aim to include all of the G-BOMBS every day: greens, beans, onions, cooked mushrooms, berries, seeds

Order healthfully when you eat out; ask for your food exactly how you want it, no salt or oil and add extra salad or steamed vegetables

Become an expert on nutrition; read or reread *Eat for Health*

Try new fruits and vegetables that you've never tasted; micronutrient variety is vital to excellent health

Eat only when hungry; that means no recreational eating, strive to get in touch with true hunger to maximize the pleasure when you eat

Dr. Fuhrman

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