



No matter how you slice and dice it, the foundation for all human diets should be centered around plants, especially vegetables.

Plants contain fiber, antioxidants, phytochemicals, and polyphenols which are essential for optimal health. Phytochemicals are exclusively found in plants and can be thought of as these biologically active compounds of the plant's immune system which give fruits and vegetables their bright color. The more phytochemicals we consume, the better our body can combat oxidative stress, reduce stress induced apoptosis (cell death), decrease inflammation, and protect the gut.

As you can see, the meal on the left is meat focused and lacks an abundance of fiber, color, variety. This is very synonymous with the standard American diet which also contains a high amount of processed carbs, sugar, and saturated fat.

On the right, you will see a more balanced meal that includes:

- Lots of vegetables
- An abundance of diverse color
- Animal protein is more of a condiment and makes up <20% of the meal
- Nutrient-density

When creating a balanced plate, aim to include fiber, greens, fat, and protein at every meal. Fiber and greens should make up the majority of your plate.

We are all unique individuals, and therefore, have different goals and needs. What works for you may not work for me. Just like what works for me may not work for you.

Also, when it comes to animal products, consider the source. Choose quality over quantity. Conventionally raised animal products are much higher in pro-inflammatory omega-6 fatty acids compared to wild or pastured animal products which are higher in anti-inflammatory omega-3s.

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