

# Easy Nutrition Guide

**Adequate hydration (minimum 2L daily) spread throughout the day**

## **Protein (20-30g per meal)**

### Animal Sources:

- Palm-sized portion (85-100g) of fish, poultry, meat
- 4-5 eggs
- 1 cup Greek yogurt

### Plant Sources:

- 1 cup lentils or beans
- 3 tbsp hemp seeds
- ¼ cup nuts + ½ cup beans
- 170g tofu or tempeh

## **Omega-3 Fatty Acids**

Fatty fish (2-3 servings/week):

- Salmon
- Mackerel
- sardines

Walnuts (small handful daily)

Flaxseeds

chia seeds (1-2 tbsp daily)

## **Isoflavones**

Organic tofu

Tempeh

Edamame (1 serving daily)

Chickpeas

Lentils (½ cup serving)

Ground flaxseed (1-2 tbsp daily)

## **B-Vitamins**

Leafy greens (2+ cups daily)

Whole grains (brown rice, quinoa, oats)

Eggs

Poultry

Fish

Nutritional yeast (1-2 tbsp daily)

Legumes (beans, lentils, peas)

## **Magnesium**

Dark leafy greens

- spinach, kale, chard

Pumpkin seeds

Almonds

Cashews (small handful)

Dark chocolate (1 square 70%+ cocoa)

Avocado (½ daily)

Beans

Whole grains (brown rice, quinoa, oats)

## **Zinc**

Oysters (powerhouse source)

Pumpkin seeds

Hemp seeds (2 tbsp daily)

Grass-fed beef

Grass-fed lamb

Cashews

Chickpeas

Lentils

## **Vitamin D**

Fatty fish (2-3 servings/week):

- Salmon
- Mackerel
- sardines

Egg yolks from pasture-raised chickens

Mushrooms exposed to sunlight  
15-20 minutes morning sunlight exposure

## **Fiber** (Aim for 25-35g daily)

Ground flaxseeds (2 tbsp daily)

Berries (1 cup daily)

Cruciferous vegetables (broccoli, Brussels sprouts)

Beans (½ cup servings)

Lentils (½ cup servings)

Chia seeds (1-2 tbsp daily)

### **Gilbert's Syndrome Support**

- Turmeric with black pepper (anti-inflammatory)
- Artichokes, beets, dandelion greens (liver support)
- Cruciferous vegetables (enhance detoxification)
- Berries (antioxidant protection)
- Adequate protein throughout the day

### **Consider Reducing**

- Alcohol (increases oestrogen & disrupts liver function)
- Caffeine (can stress adrenals & disrupt sleep)
- Refined sugar (promotes inflammation)
- Processed foods (contain hormone-disrupting chemicals)

### **Remember**

- Eat regularly (3 meals + 2 snacks)
- Include protein with every meal
- Stay well hydrated (2L+ daily)
- Focus on anti-inflammatory whole foods
- Adequate hydration (minimum 2L daily), spread throughout the day.