

Six Basic Guidelines for the Nutritarian Diet Style

No more gimmicks. No more guilt.
Here's your nutritarian daily checklist.



- Eat a large salad as the main dish for at least one meal.
- Eat at least a half cup, but preferably closer to 1 cup, of beans.
- Eat one large (double-size) serving of steamed green vegetables.
- Eat at least 1 ounce of nuts and seeds if you're female and at least 1.5 ounces of nuts and seeds if you're male. Half of them should be walnuts, hemp seeds, chia seeds, flaxseeds, or sesame seeds.
- Eat some cooked mushrooms and raw and cooked onions.
- Eat at least three fresh fruits.

Learn more in Dr. Fuhrman's new book,
The End of Dieting.

www.DrFuhrman.com

