Studies show poor diet is a factor in 1:5 deaths and the 2nd highest risk factor for early death, after smoking.

**FUEL**

**WE ARE OVERFED BUT UNDERNOURISHED**

1. **AWARENESS**
   - Take time to learn your body and how it responds to different foods.

2. **BALANCE**
   - Aim for a balance of macronutrients (protein, carbohydrates, and fat) that work well for your preferences, lifestyle, and goals.

3. **NUTRIENT-DENSITY**
   - Focus on minimally processed whole plant and animal foods while limiting energy-rich foods like refined sugars and grains.
   - Limit your intake of processed, packaged food items and those you know to be inflammatory to you as an individual.

4. **QUALITY**
   - Eat the highest quality food when possible. Shop at farmer’s markets and butcher shops for locally sourced, organic and fresh produce, grass-fed and pasture-raised meat, poultry, and wild-caught fish.

5. **VARIETY**
   - Eat a variety of both plant and animal foods to achieve a balanced diet and meet your micronutrient needs. Mix it up day to day and season to season.

**MAXIMIZE**

**MINIMIZE**