

PLATEOLOGY
the healing power of food



The You Diet
How to plan the perfect eating plan for YOU

The Basics (non negotiable)



- Vegetables
- Whole grains
- Protein source
- Fruits
- Good fats
- Good water



What about me?
How many vegetables do I need?



- I am overweight? +10
- I have a family history of heart disease? +10
- I have a family history of cancer? +10
- I have high cholesterol? +10
- I have a family history of diabetes? +10
- I have a family history of stroke? +10

30 or above = 7 servings
10-20 = 5 or more servings

Serving Size




Chunky Vegetables
= $\frac{1}{2}$ cup



Leafy Vegetables
= 1 cup



Whole Grains
How many do I need?

- I am overweight? +10
- I crave bread or carb loaded foods? +10
- I am often constipated? -10
- I have a family history of colon cancer? -10
- I am underweight? -10
- I am very active? -10
- I gain weight in my belly easily? +20



How Much Do I Need?

- A score of 30-40 means you want to keep your carbs from grains low not more than 2-3 servings a day
- If you are between 20-30 we could up it to 3-4
- And if your score is above below 20 we want to see 4 or more
- No matter what your score we want to see a variety of grains and lots of fiber



What are whole grains

- Whole Wheat
- Brown Rice
- Real Oatmeal
- Quinoa
- Millet
- Barley
- Whole Grain Organic Corn
- Spelt





Protein How much and what kind do I need?

- I have had cancer? -10
- I have a family history of cancer? -10
- I have lots of gas all the time? -10
- I get low blood sugar if I don't eat often? +10
- I have a family history of heart disease? -10
- I am overweight? +10
- I gain weight through the middle first? +10
- I have lots of yeast infections? +10



How Much Protein do I need?

- I frequently have low blood sugar +10
- I have lots of gas and bloating when I eat meat -10
- I get very tired after eating protein -10
- If I eat cereal in the morning I am starving by noon +10
- My hair and nails grow very quickly and I eat lots of meat +10
- I have high cholesterol -10

Protein Needs

- 50-70 means you need a high protein diet you will do well to have 3-4 oz. of protein with each meal
- 40-50 you can do well with 6-8 oz. a day max
- Below 40 you can usually do well with a more vegetarian style of diet



Protein to Eat Meat or Not to Eat Meat?????

- Not everyone does better as a vegetarian
- If you do eat meat be it antibiotic free
- Make sure you are not eating processed meats
- Make sure you are not over eating protein as it just turns to fat
- If you are a vegetarian make sure you are being a good vegetarian



Good Fats are Important

- Check your arms do you have chicken skin?
- Do you have lots of inflammation?
- Do you have high triglycerides?
- Do you get bad menstrual cramps?
- Do you have acne or other skin issues?
- Do you have dry skin?



Water



- Everyone needs
- $\frac{1}{2}$ their body weight in Oz. per day
- Drink pure water
- Coffee doesn't count
- Pop doesn't count
- Iced tea unless it is herbal doesn't count

Fingernails?



- Do you have white spots?
- Do you have vertical ridges?
- Do you have hang nails?
- Do you have peeling nails?
- Do you bite your nails?
- Do your nails grow slow?
- Do your nails curve weird?

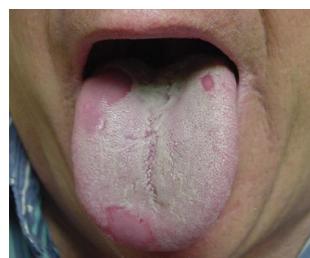
Lets Look at Your Tongue



Geographic Tongue



Coated Tongue



Serrated Tongue





What Do you Know

- Family History
- Genetic conditions
- Diagnosed diseases
- Known weaknesses
- Known deficiency's



Summing it all up

- We are all unique
- We all have to eat
- We all need good nutrition every day
- What is good for one is not always good for another
- Even in the same family you may have different needs represented
- Finding the fuel that works for you is worth the time and effort it takes



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For More Information visit
www.plateology.com

Recipes, help, information, education,
and more. Everything you need
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of healthy foods everyday.

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