

Fuel To Feel Better. Fuel To Move Better. Fuel To Perform Better.

FOOD PYRAMID

Note: Choose produce and animal products generally in this order: **Produce:** Certified Organic, Organic, and Locally Farmed. **Animal Products:** Wild, Organic Pasture Raised, Organic, and Locally Raised.

GRAINS & SUGARS	Minimal to no consumption; Includes complex carbohydrates such as Bread, Cereal, Pasta, Potatoes, Corn, Rice and Grain Products.
FRUITS	Consume fruit in moderation; Limit fructose to below 25 grams a day, including 15 grams from whole fruit.
PROTEINS	Grass-fed, organic meat and poultry, Organic Pastured Eggs, Safe fish such as Wild Alaskan Salmon, Raw Organic Dairy.
HEALTHY FATS & VEGETABLES	Healthy fats include Coconuts, Avocados, Olive Oil, Butter and Raw Nuts, Raw Organic Vegetables.

Nutrition is the first and most important key to health. UpRight Movement recommends focusing on eating whole, unprocessed foods while avoiding grains and sugars.

Consume a diet primarily high in healthy fats like coconuts, avocados, olive oil, butter, and raw nuts like almonds (ideally between 50-75 percent in your diet) and raw, organic vegetables.

Next, consume good proteins such as grass-fed, organic meats and organic pastured eggs. UpRight Movement's current general recommendation is .5 - 1 gram of protein for every pound of lean body mass, increasing it by 25% if you are pregnant or training for athletic events. This translates out to about 49-70 grams of protein a day for most people.

Eat fruits moderately because they contain fructose, which should be kept below 25 grams a day, including 15 grams from whole fruit.

Finally, reduce or eliminate grains from your diet to help lower your insulin and for you to better feel, move, and perform.

RESTORATIVE NUTRITION

