



# Eating Healthy Sweet 16

**What is Eating Healthy?** This is the ultimate question for turning food into medicine. The Eating Healthy Sweet 16 is a way of looking at eating from your body's perspective. If a meal satisfies all 16 of these principles then it is truly Eating Healthy!

1 – Does your meal provide all the nutrients for **Mitochondrial Energy Production**?

2 – Is your meal made of **Organic-Sourced Foods** for Energetic Nutrient Density?

3 – Is your meal free of known **Delayed Food Allergens**?

4 – Is your meal at least **60% Alkalizing**?

5 – Does your meal have at least **1 Green Food**?

6 – Is your meal filled with **High-ORAC Antioxidants**?

7 – Does your meal have **less than 8 grams of Refined Sugar**?

8 – Does your meal include something **Naturally Sweet**?

9 – Are there **8 to 12 grams of Total Fiber** in your meal?

10 – Does your meal include a **Raw Fruit or Vegetable**?

11 – Is your meal prepared using **Healthy Preparation Methods**?

12 – Does your meal include **Environmentally Safe Meats or Fish**?

13 – Is your meal prepared using **Environmentally Safe Cookware**?

14 – Are **Family & Friends** involved in the preparation & cleanup of the meal?

15 – Is the **Beverage you're drinking warm & 8 ounces** or less?

16 – Can you burn off the **Total Calories** in the same day?