

## **The Laws of Nutritional Intelligence®**

The First Law of Nutritional Intelligence:

80% of what we practically need to know will come from 20% of all the available information.

The Second Law of Nutritional Intelligence:

The knowledge for everyone to become nutritionally intelligent presently exists in the public domain and acquiring this knowledge is a straight-forward, uncomplicated process.

The Third Law of Nutritional Intelligence:

As the consumption of refined foods increases so does the likelihood that the frequency of obesity, diabetes, heart disease and a host of other “lifestyle” illnesses will also increase.

The Fourth Law of Nutritional Intelligence:

As a general rule, if our ancestors in the distant past consumed it (their diet consisted of foods in their natural form), then odds are it's a nutritionally intelligent choice. Conversely, if the consumable has recently appeared on the scene, it needs close scrutiny before you decide to eat it.

The Fifth Law of Nutritional Intelligence:

Eating, more often than not, occurs in a social context. This social context exerts a tremendous influence on our nutritional choices and our eating habits.

The Sixth Law of Nutritional Intelligence:

The nutritional value of a food or food product is inversely proportional to the amount of advertising dollars spent on it.

The Seventh Law of Nutritional Intelligence:

Plant based foods in their natural, unrefined form (fruits, vegetables, grains, legumes and nuts and seeds) are the primary or only source of micronutrients in our diet.

Corollary:

The more refined the carbohydrate, the lower its concentration of micronutrients.

The Eighth Law of Nutritional Intelligence:

Ensure that you eat at least 30 to 50 grams of fiber a day.

The Ninth Law of Nutritional Intelligence:

Limit your total intake of fats and oils and use mostly monounsaturated and Omega 3 varieties.

First Corollary:

Limit your consumption of saturated fats.

Second Corollary:

Whenever possible, obtain the fats and oils from their natural, unrefined sources. Eating the food, like a walnut is better than getting the walnut oil from a bottle!

The Tenth Law of Nutritional Intelligence:

Whenever possible strive to eat food in its whole, natural, unrefined, unprocessed form.

Corollary:

Food in its natural, unprocessed form usually will have fewer calories per unit of measure than its processed counterpart. *Eat More, Weigh Less* by Dean Ornish (1993) is one of many books based on this premise and *Eat to Live* by Joel Fuhrman (2011) underscores this practice.

The Eleventh Law of Nutritional Intelligence:

The greater the amounts of the “Five Basic Non-Food Groups” contained in a food, the lower its nutritional value and the more harm it will do to you and your body over the long haul.

The Twelfth Law of Nutritional Intelligence:

Adopting a vegan or vegetarian lifestyle does not necessarily mean that you are nutritionally intelligent. Vegetarian/vegan choices abound on The Calorie/Comfort list!

First Corollary:

It is possible to consume a diet high in refined carbohydrates and sugar while limiting or avoiding whole foods and still conform to vegetarian/vegan guidelines.

Second Corollary:

Adopting a vegetarian/vegan lifestyle for philosophical reasons is unrelated to Nutritional Intelligence. Many varieties of potato chips and chocolate bars conform to vegetarian/vegan requirements but are not a part of a nutritionally intelligent lifestyle.

The Thirteenth Law of Nutritional Intelligence:

Over time, if the number of calories consumed is equal to or less than the number of calories expended, a person’s weight will be maintained or lost.

Corollary:

If the number of calories consumed is greater than the number of calories expended, then a person’s weight will increase.

The Fourteenth Law of Nutritional Intelligence:

The reason that we read nutritional labels is not so we can make good choices, it’s so we can avoid making bad ones.

First Corollary:

Most of the foods that we should be eating do not have nutritional labels.

Second Corollary:

Don’t look to foods with nutritional labels as a source for your micronutrients.

The Fifteenth Law of Nutritional Intelligence:

Avoid processed foods with hidden sugars. They add empty calories.