LPI Rx for HEALTH

WATER
- WOMEN: ~ 9 CUPS
- MEN: ~ 13 CUPS

UNSWEETENED COFFEE OR TEA
- OPTIONAL

ALCOHOL
- WOMEN: 0-1 DRINK
- MEN: 0-2 DRINKS
- OPTIONAL

SUPPLEMENT OPTIONS
- MULTIVITAMIN/MINERAL
- VITAMIN B₁₂ • VITAMIN C
- VITAMIN D • CALCIUM
- MAGNESIUM • FISH OIL
- LIPOIC ACID • L-CARNITINE

FRUIT
- 4 SERVINGS

WHOLE GRAINS
- 5-6 SERVINGS

VEGETABLES
- 5 SERVINGS

HEALTHY FATS

PROTEIN
- 2-3 SERVINGS

Healthy Body Weight and Daily Physical Activity

REFINED GRAINS
- SATURATED FAT
- TRANS FAT
- HIGHLY PROCESSED
  “JUNK” FOOD
- SUGAR-SWEETENED
  BEVERAGES