Healthy Body Weight and Daily Physical Activity

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

WATER
WOMEN: ~ 9 CUPS
MEN: ~ 13 CUPS

FRUIT
4 SERVINGS

WHOLE GRAINS
5-6 SERVINGS

VEGETABLES
5 SERVINGS

HEALTHY FATS

PROTEIN
2-3 SERVINGS

REMOVED: REFINED GRAINS
SATURATED FAT
TRANS FAT
HIGHLY PROCESSED
"JUNK" FOOD
SUGAR-SWEETENED BEVERAGES

Healthy Body Weight and Daily Physical Activity