

## Healthy Diet Short

- No refined carbohydrates
- No Chemicals
- No Trans Fats
- 1/3 quality meat (no antibiotics, hormones, grains)
- 2/3 vegetables (75%) and fruits (25%)

### The Math

200-Pound Regular Person (not a super athlete or body builder, etc.)

Assume 2,000 calories per day

### ***Protein***

**Weight/2 in grams, daily**

**200 lbs./2 = 100 grams of protein daily**

**100 gm X 4 calories/gm = 400 calories from protein daily**

***Carbs Maximum 150 grams per day***

***150 gm X 4 calories/gm = 600 calories from carbs daily***

***Fat Would have to be 1,000 calories per day:***

***111 gm of fat X 9 calories per gm = 999 calories from fat daily***

**Omega-3s, olive oil, avocado oil, coconut oil**

