**Food and Fertility**

* No Dieting. No counting calories or portions
* Count CARBS, aka Insulin secretegogs – cause insulin Hypersecretion
  + Start – 80g net carbs, then 50, then < 30g per day
    - Apple= Medium 2.75’ = 19g carbs
    - Bagel= plain medium = 46g carbs
* Favour FAT
  + Fat is your friend. 60-75% of calories in diet
* Favour Fiber
  + Fiber is your friend. >50g per day
* Eat Protein
  + About 2/3 of Lean Body Mass
    - If 150lb man, then 100g protein
* Fuel Fire
  + About 5 to 7 meals per day, a Meal is anything that passes your lips
* Fluid
  + Half of your body weight, in ounces, per day. 150lb = 75 ounces = 8 glasses
* Stop eating like a PIG
  + No GRAINS
    - Pigs eat grains, not humans
* Take “appropriate” targeted Nutraceuticals!