

SANE™

Food Groups & Serving Sizes



INTRODUCTION

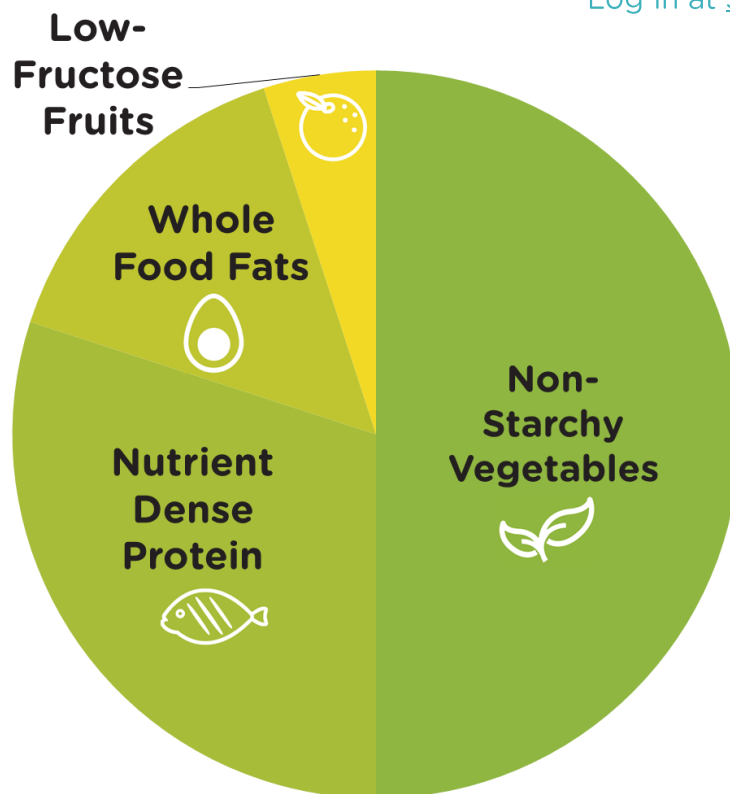
Welcome to your SANE food groups and serving size guide! There is nothing more intimate than what you put into your body. There is no higher honor than helping those you love live well. Endorsed by top doctors at The Harvard Medical School, Johns Hopkins, The Mayo Clinic, Yale, UCLA, and more, backed by over 1,300 studies, and supported by Jonathan Bailor's New York Times bestselling book [*The Calorie Myth*](#), you can be sure that your SANE Solution will provide you and your family with the best the scientific and medical worlds have to offer.

CRITICAL TIP: Please add service@SANESolution.com to your email safe senders list (if you use gmail, drag and drop SANE emails from your Promotions tab to your Primary tab). This ensures that all your upcoming premium support, coaching, and resources makes it to you safe and sound.

SANE EATING OVERVIEW

A SANE lifestyle is as simple as staying so full of non-starchy vegetables, nutrient-dense protein, whole food fats, and low-fructose fruits—in that order—so you don't have room for inSANE processed starches, sweets, and trans-fats. When eating out, pass on the pasta and rice and ask your server to “hold the starch but double the vegetables.” At home, skip the rolls and enjoy a larger helping of a protein-packed main course and two or three extra helpings of non-starchy vegetables.

When picking which foods to eat more of, the SANE approach is keeping your selections as close to a plant you could gather or an animal you could hunt. Why? Generally speaking, the more natural something is, the more SANE it is. This point has nothing to do with eating organic versus non-organic food. Until someone discovers a Cheerios tree, a pasta plant, or a bread bush, non-organic spinach or blueberries are more SANE than organic Cheerios, pasta, or bread. Think of it almost like paint by numbers, making your SANE plate look like this:



Modern science has also discovered that within the primary SANE food groups of Non-Starchy Vegetables, Nutritious Protein, Whole-Food Fats, and Low-Fructose Fruits there are optimal options that will fast track your progress! All of the food lists below provide common examples. They are not exhaustive. There are way too many SANE food options to list them all!



FOOD GROUPS AND GROCERY LIST



NON-STARCHY VEGETABLES (10+ SERVINGS PER DAY)

TIP: To make your life easier, you can get many of these foods delivered to you by visiting SANESolution.com and clicking **FOOD/STORE** at the top. That will take you to your SANE Whole Foods Store where you will also find little known SUPER-SANE whole foods (no pills needed!) that will turbocharge your metabolic healing, fat loss, and health gains.

OPTIMAL

(DEEP GREEN LEAFY VEGGIES)

[Alfalfa](#), Arugula, Bok Choy, [Barley Grass](#), Brussels Sprouts, Chard, Garlic, Greens, [Kale](#), [Kelp](#), Mixed Greens, [Moringa](#), [Neem](#), Romaine Lettuce, [Seaweed](#), [Spinach](#), [Spirulina](#), Watercress, [Wheat Grass](#)

NORMAL

(VEGGIES YOU COULD EAT RAW)

Alfalfa Sprouts, Artichoke, Asparagus, Bean Sprouts, Beets, Bell Peppers, [Broccoli](#), Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Endive, Leeks, [Mushrooms](#), Onion, Peppers, Squash, Sugar Snap Peas, [Tomatoes](#), Zucchini





NUTRIENT-DENSE PROTEIN (3 TO 6 SERVINGS PER DAY)

OPTIMAL **(SHELL FISH, FATTY FISH,** **ORGAN MEATS)**

**Oysters, Clams, Mussels,
Liver, Salmon, Sardines,
Anchovies, Sea Bass**

NORMAL

(HUMANELY RAISED SEAFOOD AND MEATS)

Catfish, Chicken, Cod, Cottage Cheese, Egg
Whites Combined with Whole Eggs, Flounder,
Grass-Fed Beef, Ham, Lamb, Lean Conventional
Beef, Plain Greek Yogurt, Pork, [100% Pure
Unflavored Whey, Pea, or Rice Protein
Concentrate with No Additives](#), Shrimp, Snapper,
Squid (Calamari), Tilapia, Trout, Turkey





WHOLE-FOOD FATS (3 TO 6 SERVINGS PER DAY)

OPTIMAL

(UNIQUELY NUTRITIOUS)

[Coconut](#), [Cocoa/Cacao](#), Avocado,
[Flax Seeds](#), [Chia Seeds](#), Macadamias,
Olives, [Coconut Flour](#), [Cocoa/Cacao](#)
[Nibs](#), [Coconut Milk](#)

NORMAL

(EGGS, RAW NUTS AND SEEDS)

Almonds, Brazil Nuts, Chestnuts, Eggs,
Hazelnuts, [Hemp Seeds](#), Pecans,
Pistachios, Pumpkin Seeds, Sunflower
Seeds, Walnuts

TIP: Peanuts are legumes (vs. whole-food fats). And yes, the cake below is SANE. It's made with coconut flour, SANE sweeteners, and other goodness found [here](#).





LOW-FRUCTOSE FRUITS (0 TO 3 SERVINGS PER DAY)

OPTIMAL

(LEAST SUGAR, MOST NUTRITION)

[Acai Berry](#), [Goji Berry](#), [Noni Fruit](#),

[Purple Aronia](#), [Mangosteen](#)

NORMAL

(BERRIES AND CITRUS)

Blackberries, Blueberries, Boysenberry,
Cranberries, Cantaloupe, Casaba Melon,
Cherries, Grapefruit, Guava, Lemon,
Lime, Nectarine, Papaya, Peaches,
Raspberries, Rhubarb, Strawberries



SANE SERVING SIZES

Here are some guidelines to help determine how many serving of each type of food you are taking in each time you eat.

Keep in mind that everything related to serving sizes is a general guideline. It is easy to get mired in details and to complicate things. Please stay focused on the big picture and use these guidelines to estimate your intake as accurately as you can. As a general rule, most people wildly underestimate their starch, sweets, oil, and cheese intake. A bagel is at least four servings of starch, not one. A big bowl of enriched sweetened cereal is four servings of starch and four servings of sweets, not one serving of starch. It's easy to eat four servings of pasta in a single sitting. On the other hand, your estimate about a serving of nutrient-dense protein and non-starchy vegetables is probably quite close. No need to buy a food scale. Just increase your estimates around servings of starches, sweets, oils, and cheeses.





NON-STARCHY VEGETABLES (10+ SERVINGS PER DAY)

If raw and leafy, a serving is the size of two of your fists. If raw and not leafy, a serving is the size of your fist. If cooked, a serving is a little smaller than the size of your fist.

Most people stop eating naturally at about three servings in a single sitting. It is practically impossible to overeat non-starchy vegetables. You would get too full.

Examples of a single serving of non-starchy vegetables:

- Two heaping cups of raw leafy green vegetables
- Six asparagus spears
- Eight baby carrots
- Five broccoli florets
- One Roma tomato
- Four slices of an onion
- Five cherry tomatoes
- Five sticks of celery
- One whole carrot
- A half cup of cooked spinach
- 1 TBSP [whole-food veggie power](#)



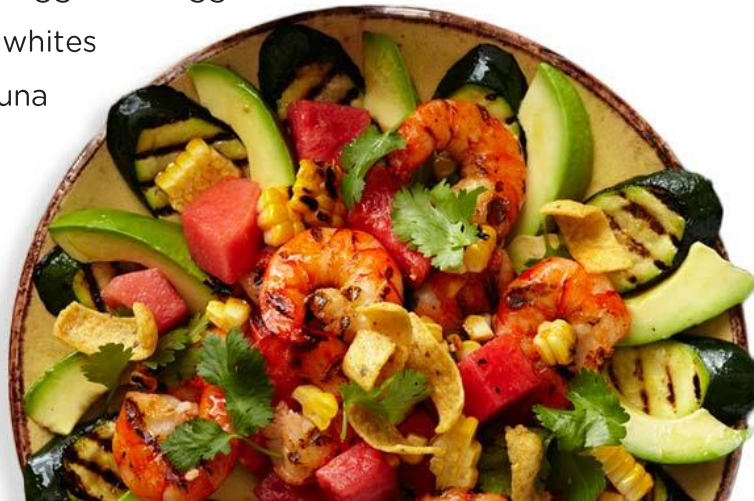
NUTRIENT-DENSE PROTEIN (3 TO 6 SERVINGS PER DAY)

A serving contains about 30 grams of protein and is about the size of a man's hand.

Most people would stop eating naturally at two servings in a single sitting. Except men trying to “prove their manhood” at barbeques, it is practically impossible to overeat nutrient-dense protein. You would get uncomfortably full.

Examples of a single serving:

- A piece of humanely raised meat or fish about the size of your hand
- A heaping cup of cottage cheese or *plain Greek* yogurt
- Four tablespoons of [pure unflavored whey protein concentrate](#)
- One whole egg + five egg whites
- Eight egg whites
- A can of tuna





WHOLE-FOOD FATS (3 TO 6 SERVINGS PER DAY)

A serving is about the size your middle and pointer finger side by side. If the nuts are mashed into butter (that is, natural nut butter), a serving is the size of your thumb. Two whole eggs are a serving. When combined with non-starchy vegetables and nutrient-dense protein, most people would stop eating naturally at two servings in a single sitting.

Examples of a single serving of less common whole-food fats

- Half cup [coconut flour](#)
- “Unlimited” [cocoa](#) ([more info](#))
- Two cups [SANE coconut milk](#)
- Quarter cup [chia seeds](#)
- Quarter cup [chocolate bites/cacao nibs](#)
- Quarter cup [flax seeds](#)



LOW-FRUCTOSE FRUITS (0 TO 3 SERVINGS PER DAY)

A serving is the size of your fist. Most people would stop eating naturally at two servings in a single sitting. It is practically impossible to over eat berries and citrus fruits. The food would become unappetizing. The first orange would be tasty. The second one would be good. The third one would be tiresome. The fourth wouldn't be appealing.

Examples of a single serving of low-fructose fruits:

- Six strawberries
- One orange
- Half of a grapefruit
- Half cup of blueberries

TIP: The [low-fructose fruit whole food powers](#) found in your [SANE Whole Foods Store](#) should not be counted towards serving goals.



LEGUMES/BEANS (0 TO 1 SERVING PER DAY)

A serving is the size of your fist.



OTHER FRUITS (0 TO 1 SERVING PER DAY)

A serving is the size of your fist.





MOST DAIRY (0 TO 1 SERVING PER DAY)

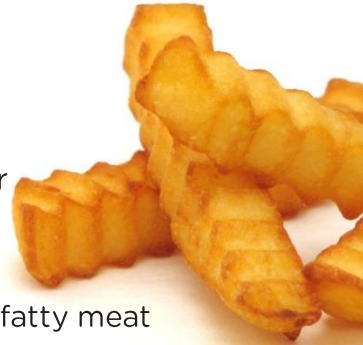
A serving of butter is the size of the tip of your thumb (one tsp.). A serving of cheese is about the size of your thumb. A serving of milk and yogurt is one cup (8 oz.). Most people could easily eat four servings of butter or cheese but only a serving or two of milk or yogurt in a single sitting. Baked goods can saturate you with butter before you know it. Every time anyone eats pizza, they are likely eating over four servings of cheese. Butter and cheese are easy to overeat.



OTHER FATS (0 TO 1 SERVING PER DAY)

A serving is a conventional fatty steak or dark meat that is the size of your hand. A tablespoon of oil is a serving. [Coconut oil](#) is the SANEst oil.

Barring men trying to “prove something,” most people would stop eating fatty meat naturally at two servings in a single sitting. Yet it is extremely easy to over eat oil. Eat anything fried and you will easily eat at least four servings of oil.



STARCH/STARCHY VEGETABLES (0 SERVINGS PER DAY)

Serving sizes vary. The key point is that a serving of starch is small. For example, a medium bag of popcorn contains eight servings. Starches are extremely easy to over eat because they are dry, relatively low in fiber, and protein poor. Most people over eat starch daily without knowing it. When ranchers want to fatten livestock, they stop feeding their cows non-starchy vegetables and start feeding them starch (generally corn). If you do not want to fatten yourself, avoid starch.

TIP: As a general rule, if it is not sweet, does not need to be refrigerated, and take a long time to spoil, it likely fits in this group.

TIP: As a general rule, if you can't find it directly in nature (aka there's no such thing as a bread bush) and it is not sweet, it likely fits in this group.

The number of starch servings in common foods:

- inSANE baked goods → Four servings | Baked potato → Three servings
- French fries → Four servings | Pasta and rice → Four servings



SWEETS/SWEETENED DRINKS (0 SERVINGS PER DAY)

Ten grams of “sugar” (anything with calories which is added to food to make it sweeter) is a serving. Sweets are the easiest food to over eat. Some sweeteners aren’t even recognized as food by the body and never trigger a full feeling. This is why you can take in three servings of sweets by drinking a soda and still have plenty of room for a super-sized value meal. Traditional portions of sweets and sweetened drinks contain three to eight servings of sweets. The fastest way to gain fat and damage your health is to eat and drink sweeteners.

TIP: If it is sweet, does not need to be refrigerated, and take a long time to spoil, it likely fits in this group.

TIP: If you can’t find it directly in nature and it is sweet, it likely fits in this group

NOTE: Natural non-caloric sweeteners such as stevia, erythritol, xylitol, and luo han guo do not count as a serving of anything. You can find these in your SANESolution.com.

The number of sweetener servings in common foods:

- Can of soda → Three servings | Desserts → Four servings
- Sweetened cereal → Four servings | Candy → Three servings
- Store-bought fruit juice → Three servings

