



*THE TB12
NUTRITION
GUIDE*

12 TIPS & UPDATES



A FRESH TAKE ON NUTRITION

At TB12, we believe a healthy, balanced diet is essential for fueling a seamless mind-body connection. The kind of connection that leads to better performance on the field, faster recovery after a workout, and the day-to-day energy you need to achieve your next goal.

In 2017, we laid the foundation for TB12's nutrition guide. Because we're always learning and the space is always evolving, we wanted to share a few updates and our new perspective.

The following list includes our top 12 nutrition tips (new, old, and updated) for nourishing your body to perform and feel its best.

THE TB12 TEAM



"IF YOU IGNORE THE
CONNECTION BETWEEN GOOD
NUTRITION AND HEALTHY
MUSCLES, THEN YOU'RE
NOT GIVING YOURSELF THE
OPPORTUNITY TO ACHIEVE PEAK
PERFORMANCE"

Tom Bealy
12

1

EAT REAL FOOD, FIRST.

At TB12, we believe the nutrients we need should come from real food, first. Pills and powders have their place, but shouldn't be relied on as a primary source of nourishment. Food can be fun and social, and is a key part of a healthy lifestyle.



*Shop The Perimeter
Of Your Local
Grocery Store*



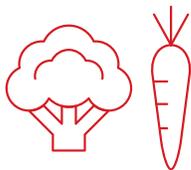
*Skip Ingredients
You Can't
Pronounce*



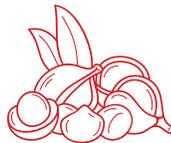
*Avoid Foods In
Packaging (Boxes,
Bags, Etc.)*

PLANT-BASED, MOSTLY.

We believe in keeping it mostly plant-based. We're not vegans or vegetarians, we just like to give animal products a smaller portion on the plate. Research shows a higher intake of plant-based food can help reduce inflammation, strengthen immunity, and prevent DNA damage (think aging).



*Make 1/2 Your Plate Non-
Starch (Lower Carb)
Veggies At All Meals*



*Look For Nutrient Dense
Alternatives i.e., Chickpea
Pasta*

CHOOSE SUSTAINABILITY.

Sustainability: it's the umbrella under which organic, local, and seasonal fall. The food we eat and the food our food eats depend on the environment (soil nutrient density and water quality). Without sustainability, the quality of our food suffers.

We know eating seasonal isn't always possible. (New Englanders know that all too well!) That said, eat seasonal when you can and always choose the most sustainable option (organic and local).

INCLUDE ESSENTIAL FATS.

Include essential fatty acids (Omega-6 and Omega-3) in your diet. The Average American consumes roughly fifteen times more Omega-6s than Omega-3s. Aim for a healthy ratio closer to one-to-one to help regulate inflammation, improve cell function/structure, relieve muscle stiffness, and maintain a healthy heart.



*Try To Eat Fatty Fish
(Salmon, Mackerel, Tuna)
At Least Twice A Week*



*Eat Seeds & Nuts
As A Healthy
Snack*



*Add Seeds & Nuts To
Your Favorite Shake
Or Smoothie*

5

EAT THE RAINBOW.

Different colored foods tend to have different nutrient profiles, so “eat the rainbow” means eat a variety of them. Pay attention to the color of fruits and vegetables you eat, since the color of food can often tell you a lot about the vitamins and minerals it provides. For example orange carrots are rich in Beta Carotene, while green spinach is packed with Vitamin K, and yellow peppers are loaded with Vitamin C.



*Try To Eat One New
Vegetable Every
Week*

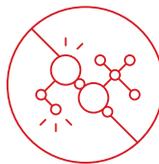


*Try A Colorful Variant
Of A Familiar Veggie
(Purple Cauliflower)*

6

LIMIT INFLAMMATORY FOODS

A major part of the TB12 method is learning to manage your inflammatory response. While we're not saying to avoid the following foods altogether, research shows that added sugars, refined carbs, processed meats, fried foods, and alcohol all drive inflammation. In general, try to eat them as infrequently as possible.



Try to avoid: added sugars, refined carbs, processed meats, fried foods, and alcohol.

7

BE SMART WITH CAFFEINE.

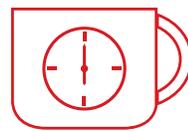
While it can be dehydrating in high quantities, there's nothing wrong with a little coffee to kick off your day. But try to keep your daily caffeine intake around 180mg (around two cups). It's also a good idea to have your last cup around noon to avoid the negative effects caffeine can have on sleep.



*Try Choosing A
Smaller Coffee
Size*



*Be Mindful Of
Adding Extra
Sugar & Calories*



*Try Limiting Caffeine
After 12 pm*

HYDRATION IS KEY.

Hydration is a core tenet of the TB12 method. As a rule of thumb, try to drink 1/2 your body weight in ounces daily (i.e., a 225 lb person like Tom would aim for 112 oz of water per day). Muscles are 75% H₂O, which means a pliable tissue is a hydrated tissue. Adequate hydration also supports neurotransmitters and hormone synthesis, regulates body temperature, and lubricates joints.



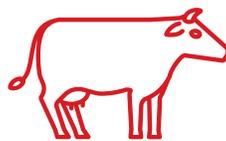
Start Your Morning With At Least One Cup Of Water And Sip Consistently Throughout The Day To Reach Your Target.

DAIRY: KNOW YOUR FARMER.

Assuming you can tolerate dairy, it can be a great source of protein, calcium, and other beneficial nutrients. However, to make the most of these nutrients it's important to be selective. Look for grass-fed, local, and organic sources of dairy.



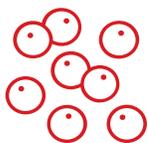
*Find Your Local
Dairy Farm And Buy
From Them*



*Check Your Grocery
Store For Local Dairy
Products*

"NIGHTSHADES" ON THE TABLE.

Enjoy nightshades (eggplants, peppers, tomatoes, goji berries, cayenne, paprika, etc.). While they can be problematic for people with autoimmune diseases like RA, they're generally not as bad as people once thought. Nightshades are rich in vitamins, minerals, and antioxidants.



*Choose Fruits & Berries
With The Darkest Red &
Blue Hues*



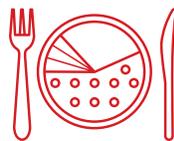
*Pay Attention To How
Nightshades Make You Feel &
Avoid Ones That Bother You*

CONTROL YOUR PORTIONS.

As a general rule, it's good to leave the table feeling about 75% full. That way, your body can more easily digest and absorb the food you've eaten. As far as what's on the plate, try to keep lean protein to a portion roughly the size of your palm. Accompany it with at least two palms of veggies.



*Eat Nutritious Foods On
Your Plate First So You Have
Less Room For The Rest*



*Try To See Your Plate In
Proportions And Fill It
Accordingly*

SUPPLEMENT ACCORDINGLY.

While we're 100% real food first, it can be tricky to meet all your nutritional needs — even if you eat fresh, organically grown food at every meal. The right supplements won't replace a proper nutritional regimen, but they can ensure you get what your body might be lacking.



Supplements In Tom's Cabinet: Multivitamin, Vitamin D, Vitamin B Complex, Omega Complex, Antioxidant Complex, And A Probiotic

A FEW EASY TAKEAWAYS

1

START EACH MORNING WITH A GLASS OF WATER.

2

LOOK FOR COLORFUL VEGGIES & TRY A NEW ONE EACH WEEK.

3

AVOID FOODS IN PACKAGING (PLASTIC BAGS, BOXES, ETC.).

4

LOOK AT PORTIONS IN PALMS: ONE PALM LEAN PROTEIN TO TWO PALMS VEGGIES.

5

FILL UP ON HEALTHY FOODS SO YOU LEAVE LESS ROOM FOR UNHEALTHY TEMPTATIONS.

TAKE CHARGE OF YOUR NUTRITION.

BOOK

Looking for a comprehensive nutrition consultation?

[Book](#) an appointment with a dietitian at a TB12 Performance & Recovery Center.

LEARN

Want to learn more about TB12's nutrition principles?

Head over to our [blog](#) for daily tips, recipes and resources for adopting a balanced nutrition program.

SHOP

For healthy snacks, TB12-approved supplements, and training equipment check out our online [shop](#) at TB12sports.com