








The Metagenics Wellness Diet reflects the wholefood principles of the Mediterranean diet. The Mediterranean diet is inclusive of a high intake of fruits and vegetables, lean protein, quality essential fatty acids, and wholegrains; providing protection against several diseases. The Wellness Diet reduces dietary sources of inflammation and promotes nourishing wholefoods to mitigate deficiencies that are associated with ill health.

META GENICS WELLNESS DIET	
 Vegetables	Enjoy a minimum of three cups of fresh vegetables daily.
 Meat, poultry, fish, eggs and dairy	Include protein-rich foods in each meal or snack.
 Fruits	Enjoy a minimum of two pieces or one cup of fresh fruit daily.
 Starchy carbohydrates	Limit starchy carbohydrates to one to two small serves daily.
 Nuts and seeds	Include a handful of nuts and seeds and up to two tablespoon of healthy oils daily.
 Hydration	Drink a minimum of eight glasses of pure water daily.
 Lifestyle	Aim for a minimum of 30 minutes of moderate activity and 30 minutes of fun and relaxation on most days.

Below is an example of how to build a healthy meal based on these recommendations.

