NIMARSTI Precision of Science. Wisdom of Nature.

Daily Nutrition Foundations

Evidence-Governed Daily Visibility for Longevity & Disease Prevention

The NIMARSTI™ Daily Foundations translate the Food Priority Matrix into a simple, repeatable daily reference. This is not a diet, target, or scorecard.

It is a visibility tool—designed to help you see whether the most important food categories are present most days, over time. Success is judged by patterns, not perfection.



Vegetables

● **Daily Priority: Required**

Aim to include all three vegetable groups most days.

Leafy Greens 2 servings ●●	1 cup raw or ½ cup cooked Spinach, kale, bok choy, chard
Cruciferous Vegetables 1 serving ●	½ cup chopped Broccoli, cauliflower, cabbage, Brussels sprouts
Other Vegetables 2 servings ●●	½ cup Carrots, peppers, mushrooms, onions, tomatoes



Fruit

● **Daily Priority: Required**

Fruit is consumed whole and intact, not as juice.

Berries 1 serving ●	½ cup fresh or frozen or ¼ cup dried Priority fruit
Other Whole Fruit 2 servings ●●	1 medium fruit or ½ cup chopped Apples, pears, citrus, kiwi, stone fruit



Legumes & Plant Protein

● **Daily Priority: Required**

This category functions as the primary protein anchor of the system.

Legumes / Soy Foods 2 servings ●●	½ cup cooked beans or lentils or ~100 g tofu or tempeh or ¼ cup hummus



Whole, Intact Carbohydrates

● **Daily Priority: Required**

Carbohydrates are selected for structural integrity and long-term metabolic compatibility.

Whole Grains / Starchy Plants 2 servings ●●	½ cup cooked or 1 slice traditional whole-grain sourdough Examples include oats, brown rice, quinoa, cooled potatoes, and sweet potatoes.



Fats, Nuts & Seeds

● **Daily Priority: Required (with hierarchy)**

Nuts & Seeds 1 serving ●	¼ cup nuts or 2 tablespoons nut or seed butter Walnuts, pumpkin seeds, sesame
Ground Flax or Chia 1 serving ●	1 tablespoon ground
Primary Fats Use daily	Extra virgin olive oil Avocado and olives

Beverages

● **Daily Priority: Thirst-Guided**

Primary fluids should support hydration without added metabolic stress.

- Water (still or sparkling)
- Unsweetened tea
- Black coffee
- Unsweetened soy milk
- Vegetable soups or thick, fiber-retained smoothies

Herbs & Spices

● **Daily Priority: Required**

Herbs and spices are used freely for flavor and culinary diversity.

Herbs & Spices — Use daily

- Fresh or dried herbs
- Culinary spices

Examples include turmeric, ginger, garlic, cinnamon, black pepper, rosemary, and oregano.

Conditional

○ **Optional, Limited**

These foods are not foundational, but may be used deliberately when appropriate.

- Unsweetened yogurt or kefir
- Omega-3 fish — salmon, sardines or mackerel (non-daily servings)
- Plant-based protein powders (soy, pea, brown rice blended plant proteins)

Use only when whole foods are insufficient to meet protein needs.

Protein Adequacy

Reference — Not a Checklist Item

Adequate protein intake is a non-negotiable biological requirement for preserving muscle mass, metabolic health, and functional independence with age.

Evidence-supported daily intake (average):

- ~1.2 g per kg body weight — general adults
- ~1.4–1.6 g per kg — older adults, physically active individuals, or during recovery

Protein adequacy is achieved through the foods above—primarily legumes and soy foods.

Protein powders are conditional tools, not foundations.