

Daily Nutrition Foundations

Evidence-Governed Daily Visibility for Longevity & Disease Prevention



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

- Highest-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, 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
(No checkbox)

- 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.

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.