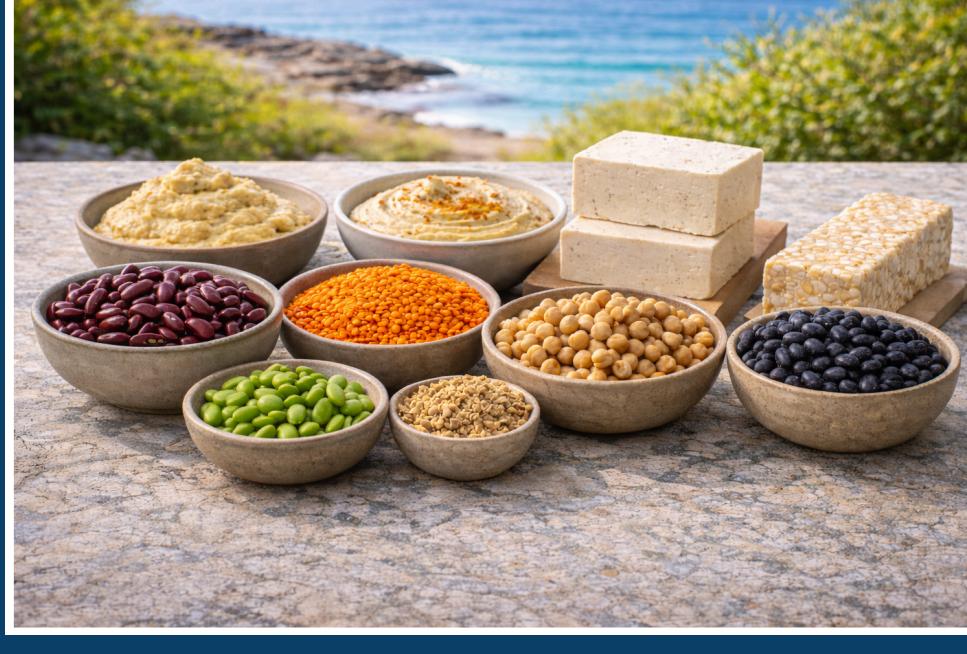
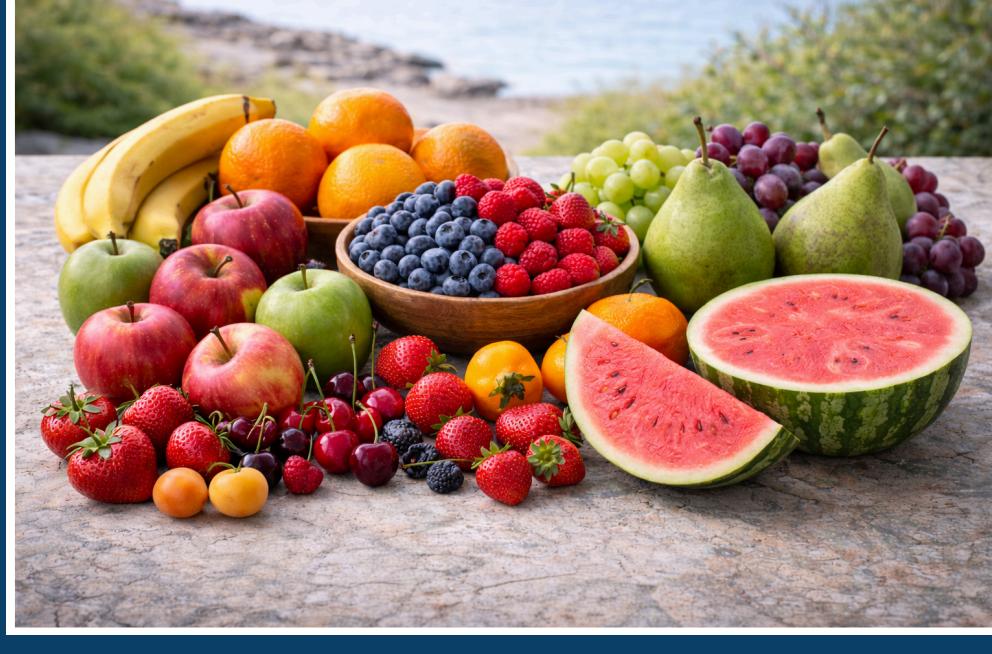


**NIMARSTI**

Precision of Science. Wisdom of Nature.

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 $\frac{1}{2}$ cup cooked

• Spinach, kale, bok choy, chard**Cruciferous Vegetables — 1 serving**

- $\frac{1}{2}$ cup chopped

• Broccoli, cauliflower, cabbage, Brussels sprouts**Other Vegetables — 2 servings**

- $\frac{1}{2}$ cup

• Carrots, peppers, mushrooms, onions, tomatoes

Fruit

Daily Priority: Required

Fruit is consumed whole and intact, not as juice.

Berries — 1 serving

- $\frac{1}{2}$ cup fresh or frozen or $\frac{1}{4}$ cup dried

• Highest-priority fruit**Other Whole Fruit — 2 servings**

- 1 medium fruit or $\frac{1}{2}$ cup chopped

• Apples, pears, citrus, kiwi, stone fruit

Legumes & Plant Protein

Daily Priority: Required

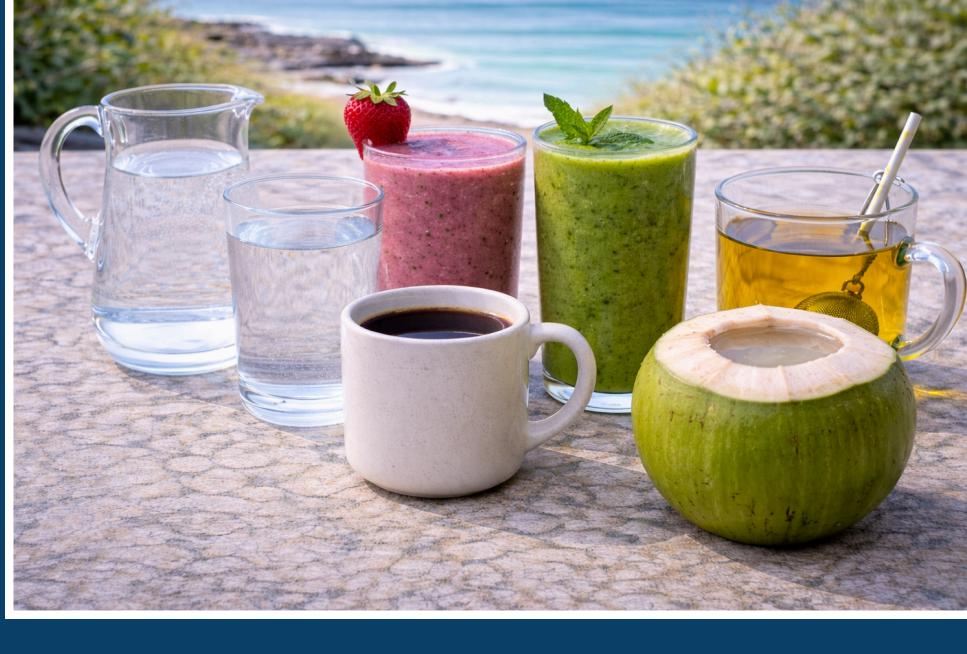
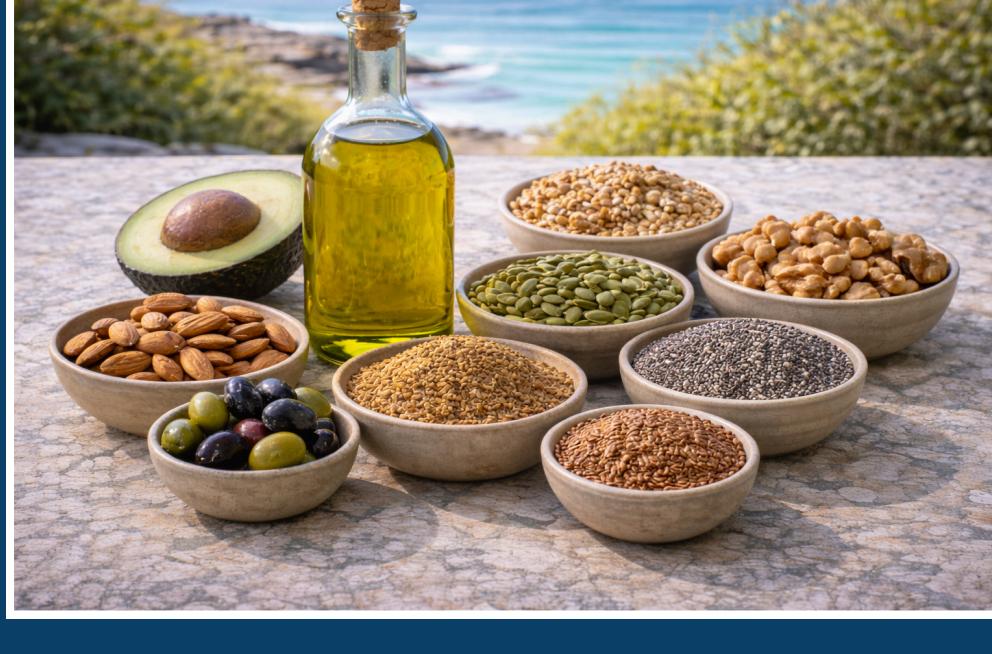
This category functions as the primary protein anchor of the system.

Legumes / Soy Foods — 2 servings

- $\frac{1}{2}$ cup cooked beans or lentils

- or \sim 100 g tofu or tempeh

- or $\frac{1}{4}$ 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

- $\frac{1}{2}$ 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

- $\frac{1}{4}$ 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.

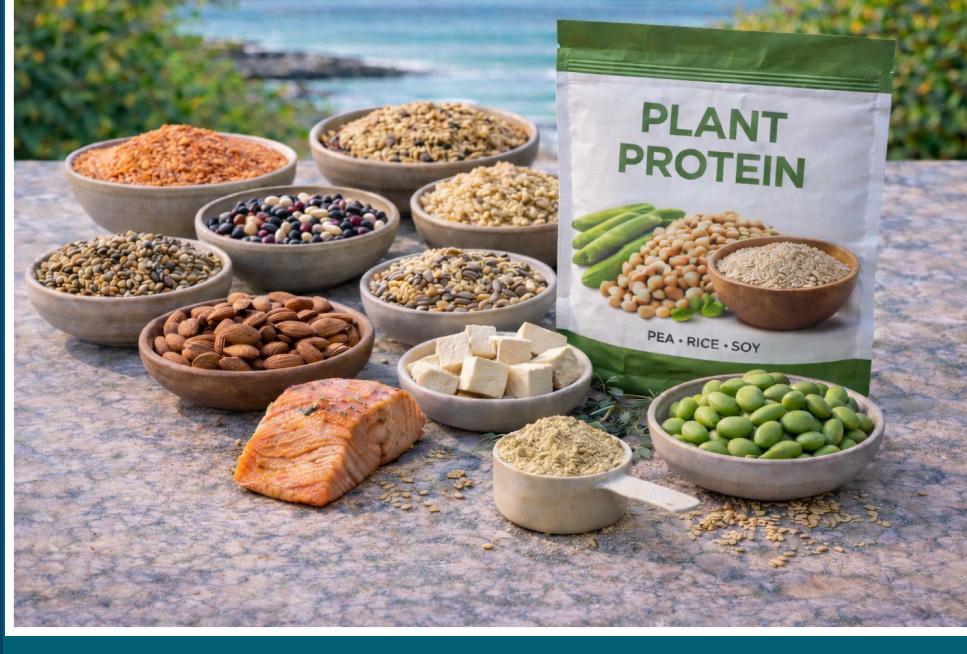
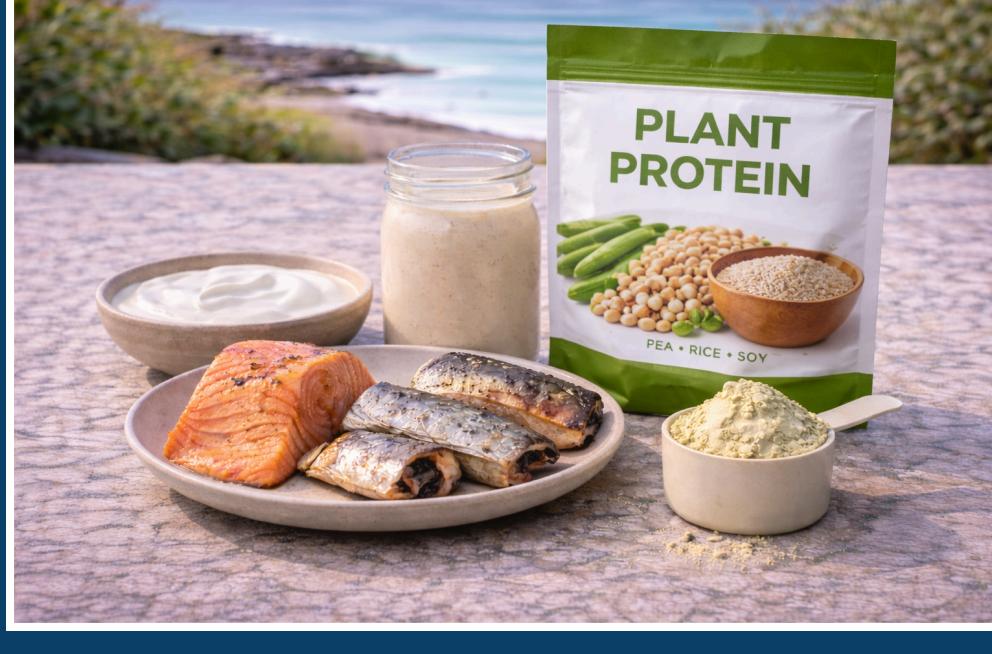
• Water (still or sparkling)

- 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):

- \sim 1.2 g per kg body weight — general adults

- \sim 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.