

TABLE 9.1 Quick Diet Tips

Per Day	Per Week
Healthy oils: 1–2 tablespoons	Eggs: 8–14
Nuts and seeds: 2 tablespoons	Meat: 4–8 servings ^a
Fruit: 1–2 servings (limit high-sugared fruits to 2–4/wk)	Fish: 6–12 servings ^a (please check the best low-mercury fish in your area)
Vegetables: 6–8 servings ^a (limit fresh veggie juice to 1–2/wk)	Liver: 3–4 oz. (or take 2 liver pills/d)
Fermented foods: 1–2 tablespoons (avoid if you have histamine issues)	Chicken: 2–4 servings ^a
Bone broth: 4–6 oz.	Full-fat dairy: 4 oz. two times (you can do more if you tolerate dairy well)
Fish roe: 0.5–1 oz.	Grass-fed butter: 4 tablespoons (you can do more if you tolerate dairy well)

^aA serving size is about 3 oz., or the size of your palm.