

# The 85/15 Rule of Good Nutrition



*The 85/15 way of eating is a low-stress method you can use to achieve a healthy state of physical well-being. It focuses on eating a nutrient rich diet, yet also allows for some wiggle room in your diet for unhealthy” junk” foods like refined foods.*

## **85% nourishing foods / 15% health-depleting foods**

The numbers 85/15 are percentages representing the amounts of nourishing (85% healthy) and depleting (15% unhealthy) foods you allow in your diet. Many people who eat the Standard American Diet may eat a diet in which the majority of foods are depleting, such as 25/75. **Gradually shift your percentage of healthy foods higher and higher until 85/15 is the new norm in your routine.**

## **There is NO need to ask, “Is \_\_\_\_\_ allowed?”**

The theory is that if the large majority of foods in your diet are nourishing and whole, then having a small amount of depleting refined foods will not do much harm because your body will have ample stored reserves of vitamins, minerals, and enzymes to maintain good health.

The 85/15 way of eating may eliminate any feelings of deprivation, guilt, compulsions, or stress associated with your food choices. This way of eating allows room for exceptions on special occasions and alleviates feelings of social isolation due to personal diet choices.

## **What about “everything in moderation”?**

The 85/15 rule does not promote moderation. The theory behind "moderation" is that unhealthy foods are only bad for you if eaten in excess. Where this goes wrong is that sometimes even a small amount of the wrong unhealthy food can do horrible damage, as in the cases of trigger foods and of food allergies. Also, the moderation philosophy promotes using willpower, which you may have experienced, is a losing proposition in the long term.