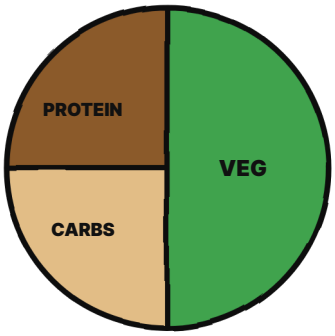
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A MAXADEMY MINI-GUIDE

Nutrition Foundations — Part 1

Build a simple, balanced plate that supports energy, strength, and steady health after 50 — without complicated diets.



Dr Max · Healthy After 50 Course

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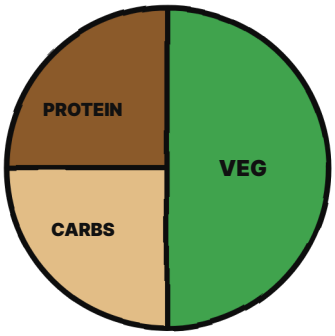
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CHAPTER 1 · THE FOUNDATION

Build Your Plate

Healthy eating after 50 does not require a complicated diet. A simple, repeatable plate does most of the work: half vegetables, a quarter quality protein, a quarter whole carbohydrates, plus a little healthy fat.

This shape is flexible enough for almost any cuisine and any taste. Once it becomes a habit, you stop counting and calculating and simply build good meals by eye.



A simple, balanced plate.

CHAPTER 2 · START HERE

Protein First, Every Meal

Protein deserves top billing after 50. It helps protect muscle, supports recovery, and keeps you fuller for longer — which steadies appetite and energy.

- Aim for a palm-sized portion of protein at each meal.
- Spread protein across the day rather than one large serving.
- Good sources include fish, poultry, eggs, beans, lentils, and dairy.

> **TRY THIS**
>
> Build each meal around its protein first, then add vegetables and a whole-carb side. It is a small reorder with a big effect on fullness.

CHAPTER 3 · HALF YOUR PLATE

Vegetables and Fiber

Vegetables bring fiber, vitamins, minerals, and volume for relatively few calories. Fiber also slows digestion, which helps steady blood sugar and supports a comfortable gut.

- Fill half your plate with a variety of vegetables.
- Mix colors — different colors offer different nutrients.
- Beans and lentils count as both protein and fiber.

> **TRY THIS**
>
> Add one extra serving of vegetables to a meal you already eat regularly. Small additions are easier to keep than big overhauls.

Smart Carbohydrates

Carbohydrates are not the enemy — the type and amount are what matter. Whole, fiber-rich carbohydrates release energy more gently than refined ones.

- Choose whole grains, beans, and whole fruit more often.
- Keep portions moderate — about a quarter of the plate.
- Pair carbs with protein and vegetables to steady the rise in blood sugar.

CHAPTER 5 · A LITTLE GOES FAR

Healthy Fats

Healthy fats add flavor, help you absorb certain vitamins, and support heart and brain health. A little goes a long way.

- Favor olive oil, nuts, seeds, avocado, and fatty fish.
- Use them to make vegetables and whole foods more enjoyable.
- Keep portions modest — fats are calorie-dense.

> **TRY THIS**
>
> Drizzle a little olive oil and a squeeze of lemon over your vegetables. Making healthy food tastier is how you keep eating it.

CHAPTER 6 · IN PRACTICE

Putting a Day Together

Here is one simple day built from the plate. Adapt it to your own tastes — the shape matters more than the exact foods.

- **Breakfast:** eggs or yogurt, fruit, and a whole grain.
- **Lunch:** a big salad with beans or chicken and olive oil.
- **Dinner:** fish or poultry, plenty of vegetables, and a small whole-carb side.

Use the worksheet to plan a few of your own plates for the week ahead.

Worksheet: Plan Your Plates

Sketch out a few balanced plates for the week. Aim for half vegetables, a quarter protein, a quarter whole carbs, plus a little healthy fat.

Meal	Protein (¼)	Vegetables (½)	Whole carbs (¼)	Healthy fat

One vegetable I will add more of:

One refined food I will swap for a whole-food version:

Key Takeaways

1. A simple plate does most of the work: ½ vegetables, ¼ protein, ¼ whole carbs, plus a little healthy fat.
2. Lead with protein at every meal to protect muscle and steady appetite.
3. Fill half the plate with colorful vegetables for fiber and nutrients.
4. Choose whole carbohydrates in moderate portions.
5. Use healthy fats in modest amounts to make good food enjoyable.
6. Small additions and swaps beat dramatic diets you can't keep.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to turn the balanced plate into easy, repeatable meals you actually enjoy.

Join Dr Max Live →

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