



THE PREVELITY LIBRARY

VOL. 05 · NUTRITION

Eat for the **Long Run.**

Beneath the diet wars, a handful of principles hold up in study after study. What they are, how much protein you actually need, and what to stop arguing about.

FREE PREVIEW EDITION

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PRE-VELITY

INNOVATIVE PREVENTION, PERSONALIZED FOR LONGEVITY.

FOREWORD

Nutrition is loud. The signal is quiet — and consistent.

Every week brings a new villain and a new miracle. Carbs, then fat, then seed oils, then fruit. It's no wonder so many thoughtful people have simply stopped listening.

Here's the reassuring part. Beneath the noise, a small set of principles has held up across decades of research, across cultures, and across eating styles that look very different on the surface. Mostly minimally processed food. Plenty of plants and fiber. Enough protein. Better fats. Fewer sugary drinks and less alcohol. Most of the fights are about the margins.

This guide lays out that signal, with extra attention to what matters most for longevity — protecting muscle, metabolic health, and your arteries — and honest notes where the science is still unsettled. It isn't a diet. It's a framework you can eat well within for the rest of your life.

WHAT THIS IS — AND ISN'T**Education, not a meal plan.**

This guide can't account for your conditions, medications, allergies, or preferences. If you have kidney disease, diabetes on medication, an eating disorder history, or are pregnant, talk with your physician or a registered dietitian before making major changes. PreVevity sells no food products or supplements.

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SECTION 01

01.

The Noise and the Signal.

Why nutrition advice seems to change every year — and the handful of principles that haven't.

INSIDE THIS SECTION

Why it feels contradictory · What consistently holds up · Ultra-processed food

WHY IT'S CONFUSING

Nutrition is hard to study. That's not the same as unknown.

You can't randomize thousands of people to eat one way for thirty years and count heart attacks. So much of nutrition science relies on observational studies — which find associations, not proof — plus shorter trials of risk markers like LDL, blood pressure, and insulin. Single studies get headlines. Patterns across many kinds of evidence are what deserve your trust.

When you look for those patterns, the arguments shrink. Low-carb and low-fat camps disagree loudly, but both tell you to cut refined starches and sugar. Plant-based and omnivore advocates both tell you to eat more vegetables, legumes, and whole foods. The overlap is the signal.

FIGURE 01 · WHAT CONSISTENTLY HOLDS UP

SIX PRINCIPLES THAT SURVIVE THE DIET WARS.

01

Mostly minimally processed

Foods that look roughly like they did when they were grown or raised.

02

Plants and fiber, generously

Vegetables, fruit, legumes, whole grains, nuts, seeds.

03

Enough protein

Especially with age, activity, or weight loss.

04

Better fats

Olive oil, nuts, fish over trans fats and heavily processed fats.

05

Fewer liquid calories

Sugary drinks and alcohol are the easiest targets.

06

A pattern you can keep

Adherence predicts results better than the diet's name.

Everything else — meal timing, specific superfoods, most supplements — is detail layered on top of these six.

THE ONE TO WATCH

Ultra-processed food changes how much you eat.

Ultra-processed foods are industrial formulations — refined starches, sugars, oils, and additives engineered to be convenient and hard to stop eating. In a tightly controlled NIH study, people offered ultra-processed meals ate about 500 more calories a day than when offered minimally processed meals matched for nutrients, and gained weight within two weeks. Diets high in these foods are consistently linked to more obesity, diabetes, and heart disease.

Not every packaged food is a problem — canned beans, frozen vegetables, plain yogurt, and whole-grain bread are fine. The practical test: does it have a short list of ingredients you'd recognize in a kitchen?

Most of the diet wars are fought at the margins.
Win the middle and the margins barely matter.

THE SIGNAL

SECTION 02

02.

The Foundations.

Build the plate right most of the time and you've done most of the work. The details can come later — or never.

INSIDE THIS SECTION

Build the plate · Fiber · Carbohydrate quality · Fat quality · What you drink

BUILD THE PLATE

A simple template for most meals.

You don't need to count anything to eat well. A visual template works for most people, most of the time — and it adjusts naturally to hunger and activity.

FIGURE 02 • THE PLATE

PROTEIN FIRST, PLANTS GENEROUSLY, STARCH TO SUIT YOUR DAY.

ABOUT A QUARTER

Protein

Fish, poultry, eggs, dairy, legumes, tofu, lean meats. Eat it first when you can.

ABOUT HALF

Vegetables & fiber

Non-starchy vegetables, salad, legumes. Color and variety.

ABOUT A QUARTER

Quality carbs

Whole grains, potatoes, fruit — more on active days, less on sedentary ones.

PLUS: A THUMB OF HEALTHY FAT

WATER, TEA, OR COFFEE TO DRINK

Eating vegetables and protein before starches tends to soften the rise in blood sugar after a meal (Vol. 03).

FIBER

The most under-eaten nutrient in the American diet.

~15g

TYPICAL DAILY INTAKE

Most American adults eat roughly half the fiber recommended — about 25 grams a day for women and 38 for men. Higher fiber intake is consistently associated with lower rates of heart disease, diabetes, colorectal cancer, and death from all causes.

U.S. Dietary Guidelines; Reynolds et al., Lancet 2019 (meta-analysis).

Fiber lowers LDL, steadies blood sugar, keeps you full, and feeds the gut bacteria that produce beneficial compounds. Legumes, oats, berries, vegetables, nuts, seeds, and whole grains are the best sources. Increase gradually, with water, to

avoid discomfort.

QUALITY OVER CATEGORY

Carbohydrates and fats aren't one thing each.

CARBOHYDRATES

Intact vs. refined

Beans, oats, fruit, and whole grains behave very differently from white bread, pastries, and soda. Fiber, structure, and what you pair them with determine their effect.

FATS

Source matters

Olive oil, nuts, avocado, and fish are linked to better outcomes. Trans fats are clearly harmful. Saturated fat is more nuanced (Section 04).

WHAT YOU DRINK

The easiest calories to remove.

Sugary drinks — soda, juice, sweetened coffee and tea drinks — deliver sugar fast, without fullness. They're among the most clearly harmful items in the modern diet and the simplest to change. Water, sparkling water, unsweetened tea, and coffee are the defaults. Alcohol is covered in Section 04; the short version is that less is better.

END OF THE FREE PREVIEW

The rest of this guide.

You have the foundations. The complete edition goes deeper: protein for aging muscle, the fat and carb debates, where the guidelines flex for your labs and life stage, how to count macros without obsession, fueling around workouts (glycogen, fasted training, loading by day), an evidence-graded field guide to fifteen diets, and which supplements are worth it.

03

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