

Simple Tool to Make Better Food Choices | Jeff Cavaliere & Dr. Andrew Huberman

How should people think about what to eat So yeah I I have what I like what I call plate method and it's just it's just simple because it works for me you know um and and again if you're struggling with um with real eating issues these these mechanisms become admittedly less effective because you're having maybe you have emotionally triggered eating and you can't stop at one plate I mean that you could get the plate right But if the portions are out of control plate plate has a dimensionality of height and height or multiple plates you know like 2nd and 3rd plate right Or plate right Like then I you know all these things can be challenged But what I what I say is um when you have your plate then you just simply look at it as like a uh like a clock right And um if you just make a 920 on the clock so one arm goes over to the nine and one of the arms goes over to 20 well then you're basically you're gonna take the the second largest portion you know of that because you think you're gonna make a a line towards 12 o'clock too And the largest portion is gonna be your fibrous carbohydrate So that's the the the you know the green vegetables right So whether it be broccoli or Brussels sprouts or asparagus or you know um you know pick your pick your favorites you know like those are the ones that give us a lot of the micronutrients we need They're the ones that are generally you know accepted as more healthy Um And they're also gonna provide the fiber that's gonna be both beneficial in terms of its uh impact on insulin and also just through filling you up right And then I take the next largest portion of that and I devote that towards protein And I think it's really important especially for anybody active Um the more active you are the more you embark on trying to build muscle you're gonna need to have protein in every meal So I have that And again you know we're talking cleaner sources of protein but like I I am you'll never find like boiled chicken on my plate Like I ditched those days when I was 16 or 15 or 16 Like I realized after reading those body building magazines that maybe the low fat thing stuck for too long But the or the no fat thing stuck for too long But the boiled chicken and and uh you know uh a steamed broccoli thing that ended quickly for me cause I really I'm not gonna eat this forever So I'll have some sort of fish or chicken or but uh they'll it will be it will be cooked in a way that's that's like you know it's got maybe some sauce on it or it's got some maybe it's tomato sauce It's anything to to just make it a little

bit more palatable and interesting without blowing the value of the meal And then that last portion is where I put my starchy carbohydrates And again that's the part that some people say exclude them entirely because they're not healthy or they don't work for you or they're not you know beneficial Long term for me It's been a godsend and and I I do think I'm like most people my body craves those carbohydrates I choose things like sweet potatoes which is my favorite you know or I'll have um rice or I'll have pasta I'm I'm Italian So I like pasta and I like I will have those things I'm not excluding them but I don't put them in the portions that you would generally find Um you know my wife and I will go out and we'll go to the restaurant sometimes like because we travel um quite a bit or used to at least with baseball too There was a Cheesecake Factory everywhere you went And I love Cheesecake Factory But like the way they structure meals is it's all rice on the bottom and a little bit of chicken on top And I mean it's a plate full of rice that you wouldn't find me make a plate That way I'm gonna just devote that portion of the plate to the starchy carbohydrate And so it gives me a little bit more responsibility in terms of portion control cause those are the foods Um again probably you know dopamine driven that are most easily overeaten I always ask the question How was the last time you ate 10 chicken breasts at a meal Like you're getting sick of it after maybe two or three But you could eat a whole hell of a lot of carbohydrates starchy carbohydrates because the they're just so satisfying and I think those triggers as you said they want more like that's what happens right You just keep e even when you're feeling full you want more Um And that's the biggest danger to carbohydrate So if you can develop some sort of discipline around them um then you can still enjoy them if you can't develop that discipline Um for whatever reason then maybe they do become something that you have to work yourself around or or adopt a different eating style And as I said I'm never to the point where I'm not trying to be dogmatic in my approach I'm always trying to say this is how I do it and I'm and I'm a believer in it just like everyone else is a believer in their method But I'm open to the idea that something that works for you and gets you to a AAA healthier weight and a sustainability like that is good That's that's good for me you know provided it doesn't intro introduce other other issues you know Yeah something one can do consistently That's something I picked up from you uh over the years you know what can you do consistently And for me that also meant what when and how can I eat What can I eat consistently That will also allow me to be alert after lunch So I can actually get some work done uh or eat I like to train fasted in the

morning but I don't do any long term fasting It just so happens that I'm fine doing uh water and caffeine in the morning and uh training in the morning and then I eat my first meal afterwards It just but I get carbohydrates at night So my glycogen is is restored I I think carbohydrates are wonderful I just don't eat them in excess So to me it's I I feel like when uh what you describe as a very rational literally balanced approach um and obviously there will be variations for people who are dealing with obesity or diabetes or you know I I've got friends that are on the the pure carnivore thing I have friends that are vegan And um it's always impressive to me when somebody can uh stick to anything consistently be uh except when they're sticking to just poor behavior That's there's nothing impressive about that Uh well I think that that's very helpful Um because I think there's a for the typical listener of this podcast you know the the online content that people see the battles are very confusing They're they're distracting because people really think oh there's a right way and a wrong way and it so it sounds like the way that one can um eat consistently over time that's healthy Um Certainly fewer processed and sugary foods I think almost everybody Yeah almost everyone agrees on that Right So I I think it is a it's it's a it's calorie manipulation through some other method right So even even intermittent fasting like you know like you said like that could be it's it's for people that are grazers Like if you are a grazer and your real problem is portion control over the course of the day but you can respond to a rule that says no uh you're eating between here and here that you can obey that rule Well you're not gonna be able to graze during the times that you might be doing a day damage So um sure there's there's there's other hormonal benefits that people will talk about from that approach But from a longevity standpoint and habit forming standpoint if it's fixing the habit that you're breaking too often by eating throughout whenever you feel like you walk by food um you know it's good you know and it works and again there it's it's it's you know people can will tell you you can probably eat whatever you want to eat as long as you're eating within those that window But I think the more responsible people who are practitioners of that will say no you still wanna avoid processed sugar and and and things like that So um and that's just a mechanism of eating not really a diet right But like it's it's I think that people I I hate this I hate to be as like as as basic as as it sounds with that But it's for the exact reason that if it's that 23 hour day phenomenon that it's like you know you said you're impressed it is impressive You know it's so hard to control all of our behaviors and food being one of the hardest thing you know one of the biggest temptations for

people you gotta learn how to control that for so long and then do it day after day after day Um whatever that mechanism is that works for you it is impressive and and I and I'm and I'm a I'm I'm a believer in it you know II I think that's the that's that's how I feel I just feel like people need to be able to be given some res to be able to do to find what works for them Well I love to eat And one of the beauties of weight training is I feel like I can eat plenty for my age and I I'm not as lean as you are but I'm I'm happy with where I'm at I could always do better uh you know with each year actually I I'm getting better Um probably because I'm eating cleaner probably because I also have someone to cook for me now And uh and we and we like that I have that too We like healthy food And so we're I'm very fortunate I don't think we have any packaged food in our home We even started making sauerkraut at home I don't make it She makes it But my wife actually you know she she uh turned me on to a tip that I actually shared with with the whole channel which was like you can you can go to uh we have a stew Leonard's around our our big grocery store chain around us And they have a catering department and you know they're often used for catering big parties and you know big tubs of of of grilled chicken but like really good grilled chicken again not the boiled chicken but you know big tubs of sweet potatoes And w we'll you know we'll get a bunch of those and she'll go over and she'll get them and then she'll sort of arrange you know them on plates and put the plates in and like I'm ok with repetitive eating I think more people are probably ok with repetitive eating than they think I think that when you actually break down how many different breakfast variety like variations do you have 322 or three So like I think when people do there's more variety for dinner probably But like even there you probably eat five different types of dinners you know over the course of you know a week or a month Well you know if you have that ability to identify the things that you like and again no plan is gonna work If you're eating stuff you don't like it's not gonna work forever Nothing will you have to really enjoy what you're eating as long as these these uh variations of this meal are something that you really enjoy and there are limited versions of them The reproducibility of that is simple You know it will take some time But if you're fortunate enough in our case to have somebody who can prepare it for you now that's even part out of the equation you know and it's it's it's like it it just makes it very simple But I do think when you tally up all the costs of medical care that are that are that are spiked by having poor nutrition and you then offset that by what it might cost you to invest in a faster strategy like this catering trick or whatever it might

be you'd be best off figuring out a way to maybe reallocate some of your money to preparing this because you know how important it is to your long term health and and and longevity If you can figure out your nutrition issues if everyone listening to this podcast can figure out their nutrition issues This whole world will be different That is like one of the largest sources of disease and and pain and discomfort because people really struggle with nutrition