

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

<https://silosolo.com/127603>

## Summary

The video discusses a method called the plate method for deciding what to eat. The largest portion of the plate should be fibrous carbohydrates, followed by protein and starchy carbohydrates. Portion control and discipline are important when it comes to consuming carbohydrates.

## Silo sample questions

- How should people think about what to eat?
- What should the largest portion of the plate be?
- What should the next largest portion of the plate be?
- What should the last portion of the plate be?
- What are some key considerations when it comes to carbohydrates?

## Topics

Plate method

Portion control

Balanced eating

Fibrous carbohydrates

Protein

Starchy carbohydrates

Carbohydrate discipline

## Key Takeaways

- People should think about what to eat by using the plate method, which involves portion control and balance between different food groups.
- The largest portion of the plate should be fibrous carbohydrates, such as green vegetables.
- The next largest portion of the plate should be protein, especially for those who are active or trying to build muscle.
- The last portion of the plate should be starchy carbohydrates, such as sweet potatoes, rice, or pasta.
- Carbohydrates can be satisfying and easily overeaten, so it is important to have discipline and portion control when consuming them.

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