

Gain Wellness: 4 Nutrients Essential For Every Meal

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Hey, guys. Dr. David Jockers, here. Today I'm talking about Four Things I Make Sure I Have in Every Meal That I Consume. These are important. If you understand this rule and this principle, you are going to get the most nutrients. You're going to have satiety. It's going to help reduce cravings. You're going to turn on fat burning, and you're going to reduce inflammation in your body. You have more energy and better mental clarity. When I look at this, the first thing I always think about is: Where is my protein coming from? That should be the first question you ask. That could be, let's say you're making a protein shake. It could just be a powder of good quality—let's say, whey protein, bone broth protein, collagen protein, plant-based protein—whatever it is that you're putting in there for the protein source, that's great. You may even say that there are people out there that make protein shakes and they'll just use, for example, raw eggs. That they'll put in their protein shakes. that's great. That's a protein source. You want to make sure you're getting enough protein. I recommend roughly 30 to 40 grams of protein in every meal.

Now, if you consume more than that in a meal, that's not necessarily a problem, especially if you're somebody who just needs more calories in general. Maybe you're a little bit larger. You've got a lot of muscle mass on you. You're very athletic. You're doing weightlifting. You might need 50–60 grams of protein. That's fine, as long as you're not doing that every single meal, from the time you wake up to the time you go to bed. I talk about that in other videos, but do you want to do something called feast or famine cycling? Where are you going? Periods throughout the day where you're not consuming food, particularly at night, while you're sleeping overnight? You consolidate your eating window. But protein is the first thing you should be thinking about. Where am I getting my protein from? I want to get roughly 30 to 40 g, maybe more, depending on your body type. If you're smaller or not as athletic, you don't have as much muscle mass. You're great with 30 grams. For some of you guys, it may even be hard to get 30 grams. You might be fine with 25, but that's always the goal.

I find that most people when they're shooting for about 30 grams of protein, help them have satiety. It helps them maintain lean body mass. If you're young in your weightlifting, you're trying to build muscle mass. As you get older, it's harder to build muscle mass, but you want to maintain your muscle mass. You don't want to go through what we call sarcopenia, where you lose muscle mass. This is a detrimental effect of aging because so many people, as they age, have reduced protein absorption, meaning that they're not producing as much stomach acid. When they eat protein, they don't absorb the amino acids as effectively, and they're not doing any resistance training. They're not stimulating their muscle mass or challenging their muscle mass, so they lose muscle. We call it sarcopenia. They become more weak. They become more frail. They can fall and break a bone. Osteoporosis goes hand in hand with sarcopenia. People experience higher levels of osteoporosis as they're also losing muscle mass. If you consume enough good-quality protein, that's going to help prevent that and keep you strong and agile as you get older. Protein,

Number two is fat. I should be thinking about where I am getting my fat from in this meal. Good fat sources are going to be things like eggs. They're going to be things like grass-fed butter. You can find it at your grocery store, butter from grass-fed cows, or several brands out there that have lots of conjugated linoleic acid in them. It's got lots of fat-soluble nutrients and healthy fats that help your body burn fat for fuel. They provide a great fuel source for your brain. The fatty acids make up the outer layer of every cell in your body. Grass-fed butter is a great source. Extra virgin olive oil. One of my favorite sources. Extra virgin olive oil. Fantastic for your body. Avocados, coconut oil, and coconut products. You can find coconut milk and things like that. Those are the best sources of fat. You also want to get a little bit of omega-3. If you're eating wild-caught salmon or something like that, you're going to get some omega-3s of good quality as well. Fat, you should be looking at roughly 30 grams of fat in each meal. If you don't have a gallbladder, you have something like that. You just have fat malabsorption issues. Then you may get a little bit less. Maybe 20 grams is good for you. You have to find your threshold there. But I find that about 80% of our population does great when they get 30 to 40 grams of protein, roughly 30 grams of fat, maybe more. Again, if you're young, you need more calories. You may look at bumping that fat up to 40, 50, or 60 grams in a meal. But if you're the average individual, roughly about 30 grams of fat in a meal, healthy fats, that's what you're looking for.

The third thing is polyphenols. You may or may not have heard of that term, but I use it a lot. When we're talking about things, for example, dark chocolate. Dark chocolate is rich in polyphenols. It's amazing for your body's polyphenols. Your gut microbiome will break those down, and they'll create something called your urolithins, or these different postbiotic compounds that help support the mitochondria in your intestinal tract. By making the mitochondria in your intestinal tract stronger and more stress-resilient, that helps reduce inflammation throughout your entire body, lowering your risk of diabetes, heart disease, dementia, Alzheimer's disease, cancer, etc. All these types of things. Where do we get polyphenols? We got to think about colorful foods,? Colorful plant-based foods are typically

where we're getting this polyphenol. Now things, for example, olive oil. Extra virgin olive oil is one of the best sources of high-quality polyphenols. You have things like oleocanthal, which has been researched and shown to kill cancer cells in vitro, and things like that. Olive oils, great dark chocolate, and great green tea. You've probably heard of catechins or EGCG. Epigallocatechin gallate. That's polyphenol. You also have polyphenols in blueberries and raspberries. We find them in oregano. Turmeric. All these different spices, herbs, and colorful types of foods. Tomatoes have lycopene. That's a polyphenol. There's this polyphenol. We're looking for lots of color in your meals. Get some colorful vegetables, herbs, and things like that. Extra virgin olive oil, some dark chocolate. That's great. That's going to add these polyphenols to reduce inflammation.

Oftentimes, polyphenols go along with fiber. Fiber helps grab toxins in your intestines. That is pushed out by bile, which comes from your liver and your gallbladder. Your liver produces the bile, and the gallbladder stores it. It pushes it out to help emulsify fats in your diet. Again, you have to have the fats and then the fiber in the food that you're eating. The plant-based fiber helps grab the toxins and helps escort them out through your feces. Good-quality fiber is something you're looking for, particularly soluble fiber, which you're going to find in avocados and different vegetables, fruits, and vegetables in general. If you're focusing on getting some good colors in your meal, you're typically going to get the fiber that you need. Fiber is fantastic for your body.

These are the four keys: protein, fat, polyphenols, and fiber. This fifth one is optional, but it says fermented. To get some fermented food or beverage, you could do something like take a tablespoon of apple cider vinegar in your water before your meal. That's been shown to reduce your blood sugar response. Insulin response that you have when your body consumes food by up to 40%. It helps stabilize your blood sugar. You're also providing acetic acid and enzymes. Acetic acid is a postbiotic. Postbiotics are something that bacteria produce that has a therapeutic effect on our body. They help reduce inflammation. They help strengthen our intestinal lining, making it more resilient to stress. Apple cider vinegar is a great one. You might do something like sauerkraut, kimchi, or pickles. We've all heard of pickles. You can get some good-quality pickles. Organic pickles. I know my kids love pickles. Have that with your meal. That's a fermented cucumber. You're getting the enzymes. You're getting the postbiotics that are produced there to help bring down inflammation. You're also getting fiber from that as well. That's great. Cabbage: when you ferment cabbage and produce something like sauerkraut, for example, there's a unique postbiotic that's produced. We call it Vitamin U. It's powerful as an anti-cancer agent. Sauerkraut is fantastic. You can even just drink the sauerkraut juice as an example and that can also help you.

Now, I would say the fermented element isn't necessary for a good, anti-inflammatory meal. That's not necessary, but it can be. It can be very advantageous to even bring down inflammation, blood sugar, and insulin response. Add in that fermented when you're able to. But focus on these four here: protein, fat, and polyphenol. Again, colorful plant foods. One I didn't mention was green leafy vegetables, arugula, watercress, and other things that are rich in

polyphenols. Protein, fat, polyphenols, and fiber. Some people do well on a high-fiber diet, meaning that they do great when they're getting 15–20 grams, or 30 grams of fiber in a meal. Other people don't do well; it concentrates them or gives them more gas and bloating. They might do better with 5 or 10 grams or something like that. 10 grams or so. You have to find out where your fiber threshold is. I think of it as a bell curve. Some people over here on this side do great with high amounts of fiber. They feel better. Some people do well with a medium or a medium range.

Let's say 15 grams in a meal, and then other people do better with a little bit less, maybe 10 grams or 5 grams. Some people, for some time—maybe a short period—even need to pull out fiber now. I don't recommend that long-term. But this is why some people do great on a carnivore diet where all they're eating is meat. They do great with that because they're on this side of the bell curve, where for some time they're just going to do better without fiber. But ideally, we're adding that back in and trying to find a good threshold where we're able to get some of this beneficial fiber and beneficial polyphenols without promoting more inflammation in the gut and creating a healthy, resilient gut lining. If we're on a no-fiber diet for too long, we become more sensitive when we do add in fiber, and our gut doesn't respond as well. We only want to do that for a short period, if necessary. Not everybody needs to do that; only a small percentage of people do, and then gradually add fiber. Try to find the fiber threshold for you that seems to work best for you. then stick there. Get the colorful foods, get the protein, get the fats, and add in some fermented, whether it's a drink apple cider vinegar in your water. There's coconut water, and kefir, for example. It's fermented coconut yogurt. That's another fermented food. It's fermented dairy. Organic yogurt is great. My body thrives on organic yogurt, and then there's pickles and things like that. Try to figure that out, and if you follow these principles and just look at how you can tinker with it for yourself and how you respond best, you are going to thrive. This is going to keep your inflammation down. This is going to keep you strong and healthy, keep you very mentally active, keep your brain function at a high level, and keep your energy at a high level. Hopefully, you guys got a lot out of this video. Be sure to subscribe to our channel for future videos like this. Be blessed, everybody!