THE NUTRITION PILLARS

SAKARA
At Sakara we believe food can’t be simplified into a macronutrient like a fat, carb, or calorie. Food is information; it tells our body how to function, and which genes to turn on and off. Each bite has the ability to promote wellness, beauty, health, happiness, and so much more. While individual nutrients are important, studies show that overall dietary patterns are more strongly correlated with health and well-being. We understand the deep complexities of how food interacts with the body, so when considering the “nutrition” of a meal, we look far beyond the basic (and quite outdated) nutrition panel, instead looking at phytonutrients, bioactive compounds, nutrient combinations, water content, and more. We developed our own Sakara Nutrition Philosophy based on nutrition science, clinical research, and the results of thousands of people who have been nourishing with our meals—and experiencing inside-out transformation—since 2011.
NUTRIENT DENSITY

Eat Your Water

LEAFY GREENS

Sulfur-Rich Vegetables

GOOD FATS

Eat The Rainbow + Nutrient Diversity

PLANT PROTEIN

Count Nutrients, Not Calories

BODY INTELLIGENCE
Life is busy, we get it! These days we hardly have the time to sit down to eat, so when we do, we make sure that our meal is filled with nutrients that are going to deeply nourish our bodies, boost our energy, and enhance our health. Our food is the raw material that builds our bodies. From generating strong muscles and new tissues to making hormones and new cell walls, the nutrients we consume are our building blocks, so we want our food to work for us, not against us. This is why we include superfoods in every meal: Special ingredients that are nutrient-dense, or have been shown to have medicinal properties. We also source the highest quality plant ingredients from local farms who care for their soil. Healthier soil makes for more nutrient-rich produce, delivering a full spectrum of essential nutrients your body (and mind) needs to thrive.
Hydration is the most fundamental piece of supporting whole-body health, from flushing the body of toxins and regulating body temperature, to providing H2O to healthy cells. Staying sufficiently hydrated for whole-body health is about more than just drinking eight glasses of water a day (like we were all told): it’s about eating and absorbing your water! When we eat water-rich veggies, we absorb the water that’s trapped within the fresh plant’s web of fiber, vitamins, minerals, and phytonutrients. This way, our bodies absorb more water more slowly, and further down in our digestive system, leaving us more hydrated for longer periods of time. For example, about five slices of a cucumber are made up of 96% water, which means that when you eat them, you’re taking in roughly the equivalent to drinking 1 ounce of water, but with even more benefits. Not only are you absorbing the water from the cucumber, you’re also saturating your body with key nutrients that support optimal cellular function for building and regenerating. When you’re nourishing with Sakara, you’re receiving a constant flow of hydration and nutrients, thanks to our water-rich organic, fresh ingredients. A hydrated body functions better—and looks healthier!
If we could have it our way, **greens** are the one thing we’d include on every nutrition fact label. Here’s why: Greens are one of the least-consumed foods in the Standard American Diet, and yet the most impactful to inner and outer health. Rich in water, micronutrients, and phytochemicals, they impart a host of body benefits, from improving gut health and boosting energy, to fending off chronic diseases, strengthening immunity, and aiding weight loss. Their green pigment comes from chlorophyll, a powerful phytonutrient that supports the body’s natural cleansing and detoxification pathways. What else? Greens are super-hydrators—releasing a steady, soothing dose of water, vitamins, and minerals as their phytonutrient-rich, fibrous cells break down in our bodies during the digestion process. This is why every Sakara plate starts with green plants, and why they’re the main ingredient behind our best-selling Organic Protein + Greens Super Powder and Detox Water Drops.
Sulfur-Rich VEGETABLES

Sulfur may have a less-than-pretty reputation thanks to its potent rotten egg smell, but it’s a vital and key nutrient, especially when it comes to beauty. The nutrition benefits of sulfur-rich veggies are infinite—from being a precursor to the body’s major antioxidant, glutathione, and nourishing the cells and mitochondria that help our body rid itself of toxins, to synthesizing the proteins and collagen that strengthen joints and beautify hair, skin, and nails (hello radiant skin!). A typical day on Sakara includes at least two sulfurous vegetables, such as cabbage, kale, broccoli, cauliflower, onions, garlic, and Brussels sprouts.
Fat gets a bad rap, but not all fat is bad fat—some fats are good and essential to a healthy, functioning body. Healthy fatty acids (especially those derived from foods like avocado, cold-pressed olive oil, nuts, and seeds) are one of our bodies’ most basic building blocks, supporting everything from our cell walls to our brain and skin. Fat is also an essential conduit for absorbing a rainbow’s worth of nutrients, including fat-soluble vitamins A, D, E, and K. And, importantly, it keeps our bodies feeling satisfied and energized far longer than if we’d skimped on it. At Sakara, we use the highest quality, organic, cold-pressed oils in our meals (and in our rave-reviewed dressings). We focus on healthy fats that help activate PPAR-alpha and fat-burning pathways in the body, helping you to burn fat and keeping you feeling satiated on a plant-rich diet. Out in the world, we encourage you to choose high-quality oils. Next time you’re at the grocery store, look for oil that’s in a dark bottle, and that’s labeled organic and cold-pressed. At restaurants, you can ask about the types of oils used in preparing your meal (and don’t be shy about asking to swap industrial seed oils for higher quality olive oil!).
The saturated fats we use in our Sakara meals are all derived from plant-based sources, which consist of health-promoting fatty acids. When it comes to fats, the kind and source matter! It’s essential to look at the evidence and data when deciding what we put into our bodies. For example, studies have found that the unique combination of fatty acids (including medium-chain-triglycerides, or MCTs) in coconut oil can have positive effects on your health—from improving cognitive function and boosting fat loss, to shifting toward a more favorable lipid profile.

On an average day at Sakara, you get 20-30 grams or ~2 tablespoons of saturated fat.
We occasionally hear from clients asking why we include sunflower oil in our meals. The answer is that not all seed oils are equal, and some actually boast health benefits. Our sunflower oil is organic, unrefined, high-oleic, and cold-pressed—not a refined, highly oxidized industrial seed oil. High-oleic sunflower oil comes from a specific type of oil derived from sunflower seeds that has a favorable fatty acid composition and is more stable than refined industrial oils. Our oil is also organic, which means a third party certifies that it’s free of pesticides and other byproducts (and, by extension, that the farmers who grew the plants for the oil didn’t use pesticides or other artificial agents).

Interested in learning more? Check out our article on S-Life Mag: Are Seed Oils Bad For Us?
Eat The RAINBOW & Nutrient Diversity

At Sakara, we curate our meals with the support of health professionals and nutrition experts to ensure you get the nutrients your body needs—and then some. What’s to note, on a typical day of Sakara, you will eat over 75 distinct plant species, in a full spectrum of rainbow hues. Each plant is a different color because it has a different nutrition profile: red veggies tend to be high in vitamin C, vitamin A, and lycopene, while oranges are higher in vitamin K, potassium, and beta carotene. By getting a large variety of plants into your diet, you get a wide variety of nutrients into your body, which provide everything it needs to function properly, from aging gracefully to helping fight disease.

Dietary diversity (a.k.a. eating a variety of bold-hued plants, rather than the same avocado toast every day) is also essential to nourishing a diverse microbiome, the epicenter of our health. By having a large number of plants in your diet, you’re getting a variety of fiber that nourishes and fuels your gut microbiome and makes it more adaptable—which then helps your body with everything from immunity to skin health. Decreased microbiome diversity is considered an indicator of an unhealthy microbiome, and has been linked to several chronic conditions, including obesity and Type 2 diabetes. It’s essential to build a diverse microbiome for your overall health, and each Sakara meal is specifically designed to do just that.
Proteins are made up of amino acids. There are 9 amino acids that are considered "essential," as our bodies don't make them, so we must get them from our food. A protein source with all nine essential amino acids is considered a complete protein. That said, you don't need to get them all from a single source. What matters is that you're getting a full spectrum of amino acids (including the essential nine) that your body can use to make the proteins it needs to structure cells, repair organ tissues, build muscle, and more—and you can get that full spectrum by nourishing with a diversity of plants. Our meals are expertly designed with an abundance and variety of plants to ensure that you get all of the essential amino acids you need for a balanced gut and healthy life span based on traditional healing wisdom and our latest research—plus the benefits that come from eating a plant-rich diet (like smoother digestion, radiant skin, and promoted longevity).

On an average day at Sakara, you get 45-55 grams of plant protein. Research shows that including this amount of protein in our daily diets helps promote longevity and reduce all-cause mortality.

While pregnant and/or breastfeeding, you will have a unique requirement of protein ranging anywhere from 1.5-1.7 g/kg/day. Please speak to your doctor about specific requirements if you are pregnant, breastfeeding or in a demographic who may need extra protein.
Count NUTRIENTS, Not Calories

The standard “calories in versus calories out” idea has oversimplified what it means to fuel and nourish our bodies—boiling our health down to a set of numbers rather than the complex, brilliant ecosystem that it is. Science has debunked this outdated and limited way of thinking about food and the body, illustrating that not all calories are created equal. Rather than simply using calories as a tool to measure health, we encourage our Sakaralites to count nutrients, rather than calories to understand the impact food has on our health.

At its core, a caloric unit simply explains the amount of energy within a food—and doesn’t tell us anything about the quality of the food, which is essential as quality impacts our health and wellbeing. Our gut microbiome (the collection of symbiotic bacteria and microbes in your gut), metabolism, hormones, and genes influence the calories we actually absorb and utilize, meaning that the way we take in calories is actually unique to each of us.

The food we eat can also upregulate or downregulate the aforementioned parts of our bodies that influence our health and vitality. Yes, the food we eat can actually boost our metabolisms! Consider this: 100 calories of broccoli is going to impact our bodies and health very differently than 100 calories of donuts, even though the calorie content is the same.
At Sakara, we believe that food is information for our bodies, and that the nutrients we take in speak to our bodies and impact how our immune systems function, hormones work, guts operate, and more.

Calorie counting takes away from our unique biological complexity and ties us to a simplified number, whereas counting nutrients—and flooding our bodies with an abundance of vitamins, minerals, phytonutrients, fiber, and colors—allows us to discover what truly makes us feel like our brightest, most energized selves.

On an average day of Sakara, you get about 1600-2000 calories. Our breakfasts have 300-600 calories, and our lunches/dinners have 400-700.
Body intelligence is about building a body you can trust and listen to. Our bodies are innately brilliant, constantly communicating when we need more or less of certain nutrients, when you’re thirsty, hungry or sleepy, and more—but sometimes these natural signals can get thrown off. There are thousands of environmental and nutritional toxins that can disrupt the way your body maintains balance to communicate effectively. The good news is that when we’re aware of these inputs, we can avoid those that don’t serve us, and fill our bodies with positive thoughts and nourishing ingredients that enhance our communication pathways—creating harmony within mind, body and spirit.

Another essential piece of cultivating body intelligence? The gut. “Listen to your gut” is really more than just an expression, as your gut is your second brain. It houses 100 million neurons and works closely with your brain in making every single decision you face daily. This is why a healthy gut is linked to intuition and feeling connected. Our plant-rich meals are optimally balanced to nourish and optimize your innate internal communication systems, so you can trust the signals that your body is sending you, and crowd out the toxic noise. By building a healthy gut and supporting your internal communication signals, you can enhance self-trust and confidence to guide joyful, healthful choices for seasons to come.
Healthy carbs and natural sugars are essential for life, and we embrace that here at Sakara! After all, glucose—the simplest form of carbohydrates—is the body’s preferred source of energy. We love plant-based, natural complex carbs like broccoli, artichokes, and radishes, along with legumes and rice. We monitor the carb-to-fiber ratio in our meals to ensure that there is adequate fiber to slow the absorption of carbohydrates into the bloodstream. This way, blood sugar can rise in a healthy way over a longer period of time, and avoid spikes or crashes.

On an average day at Sakara, you get 155-200 grams of carbs (which includes 50 grams of natural sugar) with an ideal carb-to-fiber ratio of 5:1.

This is considered “low carb” compared to the typical American diet which consists of 225-325g of carbohydrates per day and a staggering carb-to-fiber ratio of 21:1.
Whole grains are highly beneficial for our health, and the high-quality gluten-free grains included in our Signature Nutrition Program deliver many benefits, including gut-nourishing soluble fibers and an abundance of health-promoting nutrients and phytochemicals. Whole grains play a key role in the Blue Zone diets, the five locations across the globe where people live the longest, and are healthiest. Data shows that a high intake of whole grains is linked to significantly lower risks of heart disease, high blood pressure, stroke, and Type 2 diabetes, as well as lower overall inflammation. Grains are also rich in gut-nourishing fibers, and intervention studies in humans have demonstrated that eating whole grains increases the diversity of bacteria in our gut (read: more “good” bacteria to crowd out the “bad”). Grains are also a great source of vitamins like riboflavin, thiamin, and vitamin E, and protective phytochemicals, like lutein and phenolics. Many of these phytochemicals have excellent antioxidant properties and can support the immune system.
All of our meals are gluten-free, which helps reduce inflammation and nourish the gut. While gluten is extremely common in the typical food we eat, it can trigger the release of zonulin (a protein that increases the permeability of the gut) in healthy adults, which can lead to leaky gut, unnecessary weight gain, higher blood pressure, and higher blood glucose levels. By creating meals without gluten, we're giving your body a break from this potential stress. All of our grains are gluten-free and made without pesticides, herbicides, or fungicides, which have toxic effects on human health. By using a rotation of gluten-free grains in our meals, we're ensuring that you optimize your diet and reap all the benefits of grain without common inflammation triggers.
We believe that sugar is not evil—like all things in life, it just needs to be in moderation. Instead, we focus on “added sugars” or “free sugars,” versus overall grams of sugar, which are natural to whole foods. (FYI: The USDA, WHO, and American Heart Association are aligned with this approach, too.) Current data indicates that added sugars are often the culprits for metabolically based diseases such as obesity, diabetes, and cardiovascular disease. Research also shows that sugars consumed in their natural forms at healthy amounts do not result in adverse health consequences (in other words, don’t stress about the sugar in fresh fruit!). Our meals are free of refined sugars, and when we add sugar, it’s only from food-based, low glycemic sweeteners, such as honey, dates, coconut sugar, and maple syrup. Additionally, our meals are nutritionally designed to help keep your blood sugar stable over longer periods of time by ensuring the overall carb-to-fiber ratio of the meal is optimal. If you’re interested, you can find more on this in the “Carbs” section.
The average American consumes only 10 to 15 grams of fiber a day, which is way below the USDA’s recommendation of 25 to 38 grams a day. Fiber is an essential nutrient for the digestive system and the microbiome, helping to combat digestive discomfort, irregularity, bloating, and unnecessary weight gain. Low-fiber intake actually depletes our gut’s microbiota, which can lead to chronic diseases such as obesity, cardiovascular disease, Type 2 diabetes, and colon cancer. But, when you’re getting enough fiber? Your microbiome yields anti-inflammatory metabolites, such as B vitamins, vitamin K, and short-chain fatty acids (SCFAs), which support the integrity of your intestinal lining and strengthen your gut barrier function (so you’re less prone to issues like leaky gut).

Not only does the amount of fiber you nourish with each day matter, but the diversity of fibers matter, too. At Sakara, we’re making fiber sexy again, not only ensuring that you’re getting 37 grams of diverse, microbiome-boosting plant fiber on average every day, but also giving you an average of 75 unique plant ingredients a day—helping cultivate a healthy gut environment, a thriving metabolism, a boosted immune system, and so much more.

On an average day at Sakara, you get 35-45 grams of fiber.
Sodium is essential for a variety of physiological processes, including our body’s mechanisms for conducting nerve impulses, contracting and relaxing muscles, and maintaining the proper balance of water and minerals. Some are wary of sodium for its potential correlation with high blood pressure, but it’s always important to look at the bigger picture. In modern science, it’s understood that conditions like high blood pressure are typically influenced by many factors, like dehydration, imbalanced sodium to potassium intake, micronutrient deficiencies (specifically vitamins D and C), and high intake of refined carbohydrates (which can inhibit nitric oxide, a compound that helps maintain blood vessel flexibility).

We occasionally hear from clients asking us about the sodium content in our meals, especially when they have concerns about blood pressure. We design our meals with a holistic view of their nutritional and biological complexity. On average, there are about three grams of sodium total per day when you join us for breakfast, lunch, and dinner. The sodium included is derived from mineral-rich, high-quality sources, like pink Himalayan salt, which is abundant in the minerals essential to nourishing our bodies.

On an average day at Sakara, you get 3 grams of sodium.
Sakara’s meals are made using organic ingredients. This means that our ingredients are non-GMO and grown without the use of toxic synthetic pesticides, herbicides, and fertilizers that can disrupt our bodies’ natural systems and wreak havoc on the soils of our Earth.

Studies have found that there are higher antioxidant levels and micronutrients in organically grown foods. Organic ingredients are also associated with a healthier microbiome, reduced incidence of infertility, reduced BMI, and reduced incidence of metabolic syndrome.

Choosing organic ingredients when we can matters because while it seems as though we can “wash off” the pesticides from conventionally grown produce, the pesticides actually are within the produce and cannot be rinsed away. In fact, a conventional strawberry may contain up to 23 different pesticides. We encourage organic always, but highly encourage opting for organic when it comes to the “dirty dozen” list. P.S. Some of the most popular “fresh salad” chains don’t make a rule of featuring organic produce. Don’t be shy about checking ...it makes a difference, and in general, it’s always empowering to know what you’re filling up with.
SAKARA

44 A DAY ON SAKARA

75 PLANT INGREDIENTS
42g PLANT PROTEIN

37g FIBER
10+ COLORS

5 CUPS OF GREENS
0g REFINED SUGAR

37g FIBER

REJUVENATION

VITALITY

ENERGY

5 CUPS OF GREENS

75 PLANT SPECIES

NUTRITION PLAN + READY-TO-EAT MEALS ALL-IN-ONE

BALANCE

0 REFINED SUGAR

SAKARA
Sakara is designed to be your nutritional baseline, ensuring that your body receives all the key nutrients it needs for optimal function. That being said, we realize that everybody and every body is different. So, if you need additional support or have questions, don’t hesitate to reach out to one of the Integrative Nutrition Health Coaches on the Sakara Wellness Team.

Email support@sakaralife.com.