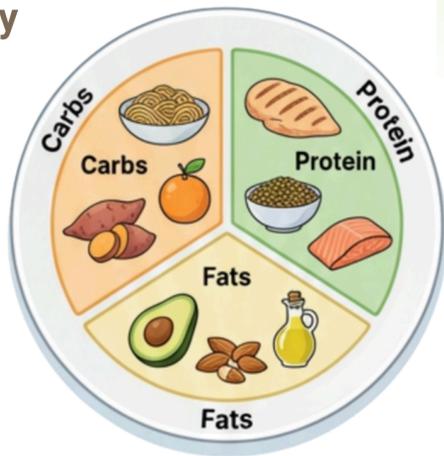
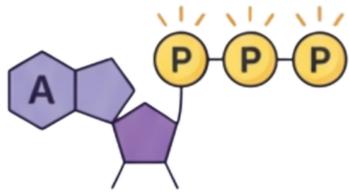


Maintaining Balanced Nutrition When Living with Mito

1 Fuel Sources

A well-balanced diet provides a steady high-quality fuel source



3 The 4 Key Principles

1. Keep Energy Levels Stable



Scheduled meals and snacks prevents energy dips and reduce symptoms associated with low fuel.

2. Eat High-Quality Protein



Animal Dairy

Plant-based

3. Eat Complex Carbohydrates



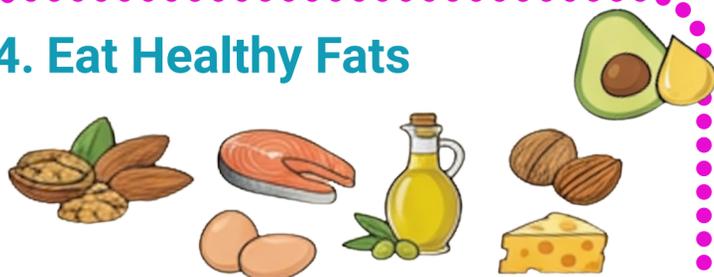
Whole Grains

Starchy Vegetables

Legumes

Fruits

4. Eat Healthy Fats

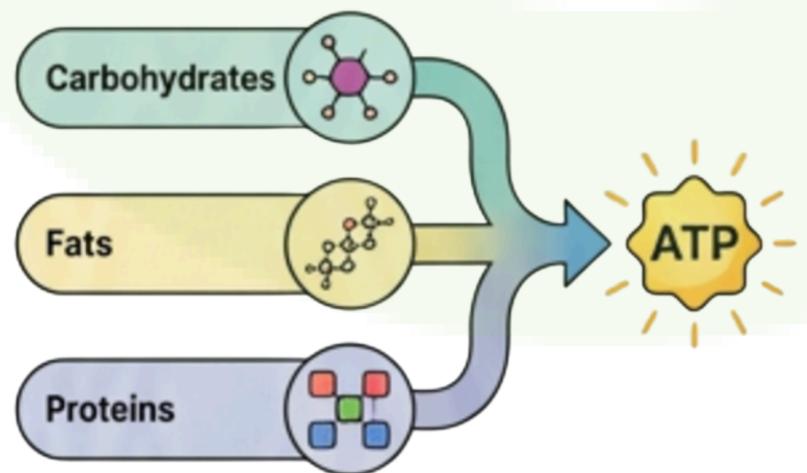


Always seek individualized guidance

2 Why balanced nutrition is important

Steady access to multiple fuel sources provides the mitochondria with the sustained energy needed for:

- energy stability,
- improving muscle function
- resilience against stressors.



4 Balance Over Restriction

Highly restrictive diets are generally discouraged unless medically indicated and supervised by a healthcare professional.

Limiting entire food groups may increase the risk of nutrient deficiencies and can place additional strain on already challenged energy systems, potentially worsening fatigue and other symptoms.

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Always consult your healthcare provider or registered dietitian before making significant dietary changes.

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