

# THE DECISION FOOD CHAIN

Controlling bias and noise in high stakes decision making

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## GLUCOSE

ELEVATED LEVELS LEAD TO FULL CONSIDERED DECISIONS

TIMING : MINUTES



Short time window of maximize benefit



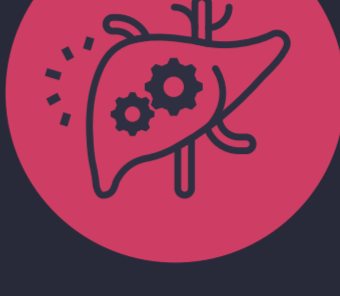
Glucose is the brains primary source of fuel. Has a direct correlation to fully considered decisions with best outcomes.



Spikes in blood stream after meals- corresponding to a study showing decision are fully considered after eating.



Immediate effect of eating gives us some control over glucose levels



Produce in the liver from all other sugars, some clinical evidence that the gut microbiota may affect the liver process.

STATS



Brain uses 20-30% of glucose when at rest, and will take from other body functions/needs



Spikes 55% after a meal- the decision zone- for 90 min.

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## WHAT WE EAT

APPROACHES THAT MAY HELP DECISIONS

TIMING : DAYS



Daily food interactions and choices effect our thoughts on an ongoing basis



**LOW GLYCEMIC INDEX**

Choosing foods to not spike your glucose levels, only Accounts for carbohydrates.



**KETOGENIC**

High fat- avoids glucose spikes, and may have a neuro calming effect



**MEDICAL DIETS**

Do what you doctor tells you- these can include sports nutrition and functional foods



**CLEAN EATING**

Avoid all processed foods, no added sugars or salts. Natural, organic, macrobiotic all fall into this category



**TREND DIETS**

This is a diet someone would put in their bio- it also includes ethnic and regional Foods.



Avoids Blood glucose spikes and crashes



A secondary fuel Hard to turn on - takes time



Doctors knows best- but we are not talking about Adderall



Will keep all the natural process running better- gut health to low blood glucose.



Personal choice is a reality- as Sartre said "we are doomed to freedom".

PSYCHOBIOTICS

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## OLIGOSACCHARIDES

A specific set of foods with fermentable probiotic fiber which directly support the gut microbiota.

THIS IS AN AREA TO CONCENTRATE ON FOR LONG TERM MENTAL AND BEHAVIORAL HEALTH.

TIMING : MONTHS



Can support biome over time, repair damage slowly



**VEGETABLES**

Artichoke, Asparagus, Beetroot, Broccoli, Brussel Sprouts, Cabbage, Fennel, Garlic, Leek, Okra, Onion, Pea, Shallot



**CEREALS**

Rye and wheat cereals when eaten in large amounts (e.g. Biscuits, Bread, Couscous, Crackers, Pasta)



**FRUITS**

Custard Apple, Persimmon, Rambutan, Watermelon, White Peach



**LEGUMES**

Baked Bean, Chickpea, Lentil, Red Kidney Bean

PSYCHOBIOTICS

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## THE GUT MICROBIOME



The brain gut connection via the Vegas nerve is a long standing observation which is now being looked at by academia and medical research teams.

TIMING : LIFE LONG



Set at birth- cannot change for any meaning full time



50% of IBS patients have a anxiety, depression, insomnia, other behavior disorders



46% of crones suffers have a Prevalence of Anxiety and Depression



60% more likely to develop gut problems if diagnosed with depression, including Diabetes



Extend into liver to help control glucose levels

we are still learning how far the microbiota extends into the body

## DECISION MACROS

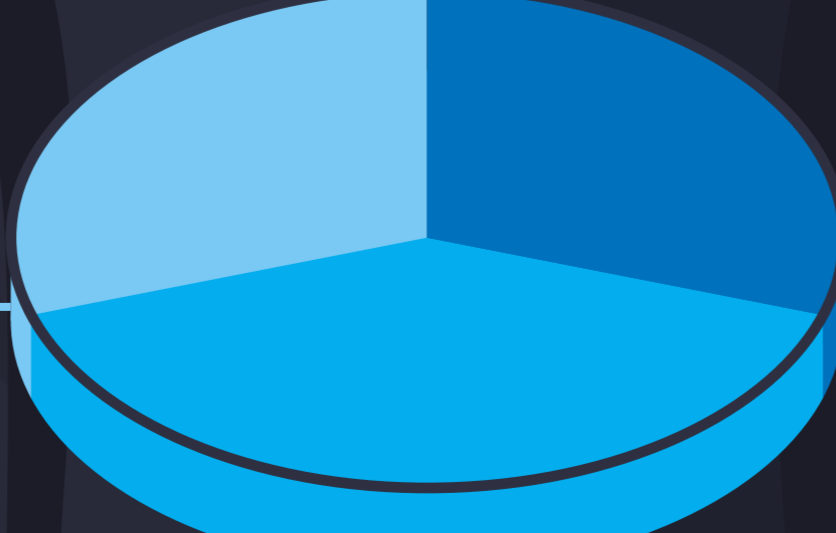
A GUIDE TO BETTER DECISION BASED EATING



**FAT**

**30%**

Clean sources including plant based- i.e. olive oil and avocados



**PROTEIN**

**30%**

Whole food proteins including legumes and natural occurring animal protein- sorry impossible burger



**LOW GI CARBS**

**40%**

Low GI carbs high in Oligosaccharides