
THE TOM BRADY DIET

DESCRIPTION

The Tom Brady Diet, also known as the TB12 Method, is a whole-foods-based diet developed by professional American football player Tom Brady.

It's claimed to be one of the main reasons behind Brady's longevity in the professional football world, as well as lower your risk of injury and improve athletic performance, recovery, energy levels, and overall health.

Still, many people simply follow the diet to lose weight or feel more energized. They rave about its results.

WHAT IS THE TOM BRADY DIET?

The Tom Brady Diet was introduced by professional American football player Tom Brady in 2017 as part of his book "The TB12 Method," which details his 12 principles for sustained peak performance.

It promises to boost your energy levels, minimize inflammation, reduce your risk of injuries, and enhance your sports performance and recovery.

The diet emphasizes eating whole, minimally processed foods and bans foods believed to be acidifying or thought to promote inflammation.

HOW TO FOLLOW THE TOM BRADY DIET

The Tom Brady Diet blends the principles of the alkaline, Mediterranean, and anti-inflammatory diets and emphasizes organic, locally grown, seasonal, and minimally processed foods.

About 80% of this diet consists of organically grown fruits, vegetables, whole grains, nuts, seeds, and legumes. The remaining 20% comes from grass-fed, organic, antibiotic- and hormone-free lean meats and wild-caught fish or seafood.

The Tom Brady diet offers an extensive list of foods to avoid or limit, as they're deemed acidifying or pro-inflammatory. These include dairy, nightshade vegetables, most oils, as well as soy, GMO, or gluten-containing foods.

Added sugars, artificial sweeteners, trans fats, caffeine, monosodium glutamate (MSG), alcohol, and iodized salt, as well as any foods containing them, should also be avoided.

A FEW ADDITIONAL RULES:

Food combining. Fruits should not be combined with other foods. Plus, you should avoid eating high-protein foods like meat or fish together with carb-rich ones like brown rice or sweet potatoes.

Drink a lot of fluids. You should halve your body weight in pounds and drink that many ounces of water daily. However, avoid drinking water with or around meals.

Meal timing. You should avoid eating within three hours of going to bed.

OTHER BENEFITS

The Tom Brady Diet may offer several additional benefits.

May improve heart health...

The Tom Brady Diet has a lot in common with the Mediterranean diet, which studies consistently link to improved heart health.

Both include plenty of fruits, vegetables, whole grains, legumes, olive oil, nuts, and seeds, as well as limited amounts of lean meats and fish.

Research associate this eating pattern with a lower risk of stroke, heart attacks, and death from heart disease.

It may also reduce your risk of metabolic syndrome, a cluster of risk factors, including elevated blood pressure, cholesterol, and blood sugar levels, that harm heart health.

May protect against type 2 diabetes and other health conditions. The minimally processed, fiber-rich fruits, vegetables, whole grains, legumes, nuts, and seeds it encourages you to eat help limit blood sugar spikes after meals, possibly reducing your risk of type 2 diabetes.

Additionally, it restricts your intake of alcohol, processed meats, added sugars, and trans fats. This may reduce inflammation in your body, which is thought to be the root cause of many illnesses.

Lastly, research indicates that the whole, minimally processed foods that the diet includes may protect against health conditions like inflammatory bowel disease, Alzheimer's, Parkinson's, and even some types of cancer.

SUMMARY

The Tom Brady Diet is full of fiber-rich foods, such as fruits, vegetables, legumes, nuts, and seeds, and promotes drinking large amounts of water each day.

The Tom Brady Diet encourages adequate hydration and eating minimally processed, anti-inflammatory, nutrient-rich foods. This may protect against various diseases and enhance athletic performance and recovery.

The Tom Brady Diet discourages eating conventionally grown foods, favoring organic foods instead. It also promotes certain foods, such as pink Himalayan salt and proprietary supplements.

The Tom Brady Diet eliminates non-organic, non-seasonal foods, as well as factory-farmed meat, fish, and seafood. It also restricts your intake of soy, gluten, dairy, trans fats, added sugars, cooking oils, caffeine, alcohol, iodized salt, and GMOs.

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Summary

Brady takes his diet seriously and says he follows a mix of Eastern and Western philosophies. His diet consists of anti-inflammatory, alkaline foods, meaning mostly vegetables. He eats his proteins separate from carbs. He also avoids white sugar, white flour, MSG, iodized salt and nightshade plants (such as tomatoes, eggplant and peppers). Brady also eschews caffeine. He drinks a ton of water a day, but not with meals. He also drinks smoothies and protein shakes.

Diet Details

Electrolyte Up

Brady consumes 20 oz. of water with electrolytes first thing in the morning.

Veg Out

Brady says 80% of what he eats is vegetables.

Yin Yang Diet

Brady's diet is based on the Traditional Chinese Medicine principle of eating a 'Yang' diet in spring and summer and nourishing the 'Yin' in fall and winter, meaning lighter 'raw' foods in the off-season and heavier ones such as meat in the winter.

No Room For Dessert

Brady doesn't do cheat days. 'Ice cream' made from avocados and cocoa or raw macaroons are as close as he gets to dessert. He says this may change after he retires.

What to Eat

Fresh Vegetables

Wild Salmon

Grass-fed Beef

Avocados

Eggs

Fruit (pineapple, watermelon, Raspberries And Nectarines Are The Most Alkaline Fruits)

Nuts

Seeds

Whole Grains (Quinoa, Millet, Brown Rice, Etc.)

Protein Shakes

Electrolytes

Water

What to Avoid

White Sugar

White Flour

MSG

Nightshades (Tomatoes, Peppers, Eggplant, Etc.)

Iodized Salt

Dairy

Refined Foods

Artificial Ingredients

Sample menu

Here's a typical 3-day menu suited for the Tom Brady Diet.

Day 1

Breakfast: homemade granola stirred into coconut yogurt

Lunch: raw lasagna

Dinner: lentil dahl topped with fresh spinach and served on a bed of brown rice

Day 2

Breakfast: smoothie with TB12 whey protein and fruit

Lunch: vegetable-quinoa bowl topped with cashew sauce, lime curry, and black beans

Dinner: steak, broccoli, and sweet potatoes

Day 3

Breakfast: chia pudding topped with almonds and coconut flakes

Lunch: hearty vegetable-chicken soup with kale and brown rice vermicelli

Dinner: wild salmon tacos on GMO-free corn tortilla wraps served with a side green salad

You are encouraged to drink a lot of water between meals.

Plus, you can include some snacks if you wish.