

# Fuel vs Filler

## *What Real Human Fuel Actually Looks Like*

Email: [jane@thehumanfuelproject.org](mailto:jane@thehumanfuelproject.org)

TikTok: @thehumanfuelproject

Note: This guide is for general informational purposes only and not intended as medical advice. Always consult a qualified healthcare provider before making dietary changes, especially if you have food allergies or chronic conditions.

You've probably been told your whole life that food is just fuel.

But here's the problem: most of what's sold as 'food' today... isn't fuel.

It's filler - hyper-processed, nutrient-depleted, addictive junk that tricks your brain and burns out your body.

And when you live off filler?

You stay tired, inflamed, and always hungry.

This guide will help you spot the difference between foods that energize you and foods that slowly wear you down.

### **What is Human Fuel?**

Fuel foods:

- Nourish your cells
- Stabilize blood sugar
- Support your gut, brain, hormones
- Help you feel full and clear-headed
- Are minimally processed and naturally nutrient-rich

Examples:

- Wild salmon, grass-fed beef, pastured eggs
- Avocados, sweet potatoes, olives
- Berries, greens, cruciferous vegetables
- Nuts, seeds, herbs, olive oil
- Clean water, herbal teas, mineral-rich salt

### **What is Filler Food?**

Filler foods:

- Spike insulin and leave you crashing
- Disrupt gut and hormone balance
- Are loaded with seed oils, sugar, or chemicals
- Trigger cravings instead of real satiety
- Are often designed by food scientists - not farmers

Examples:

- Cereal, crackers, chips
- 'Protein' bars and meal replacements with 25 ingredients
- Soda, flavored coffee drinks, sports drinks
- Low-fat anything
- Anything with a cartoon on the label

### **Ask Yourself:**

- Does this food exist in nature, or was it designed in a lab?
- Will this give me steady energy - or a spike-and-crash rollercoaster?
- Is this fueling my body or feeding a craving?

### **Swap This, Fuel That:**

Instead of Flavored yogurt, try Plain Greek yogurt + cinnamon + berries

Instead of Cereal, try Scrambled eggs with spinach + avocado

Instead of Chips, try Cucumber slices + guacamole or hummus

Instead of Soda or sports drink, try Sparkling water + sea salt + lemon

Instead of Granola bars, try Hard boiled eggs + handful of almonds

Instead of Frozen diet meals, try Leftovers from a real, cooked meal

### **Transitioning to Real Fuel**

You don't have to overhaul your entire life in one day.

Start with one meal. Then one snack.

Then one label read. Then one cleaner swap.

Bit by bit, your body will remember what real food feels like.

Your brain will clear. Your hunger will shift.

Your energy will return.

### **Need support or have questions?**

Reach out to: [jane@thehumanfuelproject.org](mailto:jane@thehumanfuelproject.org)

Follow on TikTok: [@thehumanfuelproject](https://www.tiktok.com/@thehumanfuelproject)

**Let's stop surviving on filler. Let's fuel what matters.**

*For more information on how food additives and fillers affect health, visit the Center for Science in the Public Interest:*

*<https://www.cspinet.org/eating-healthy/chemical-cuisine>*