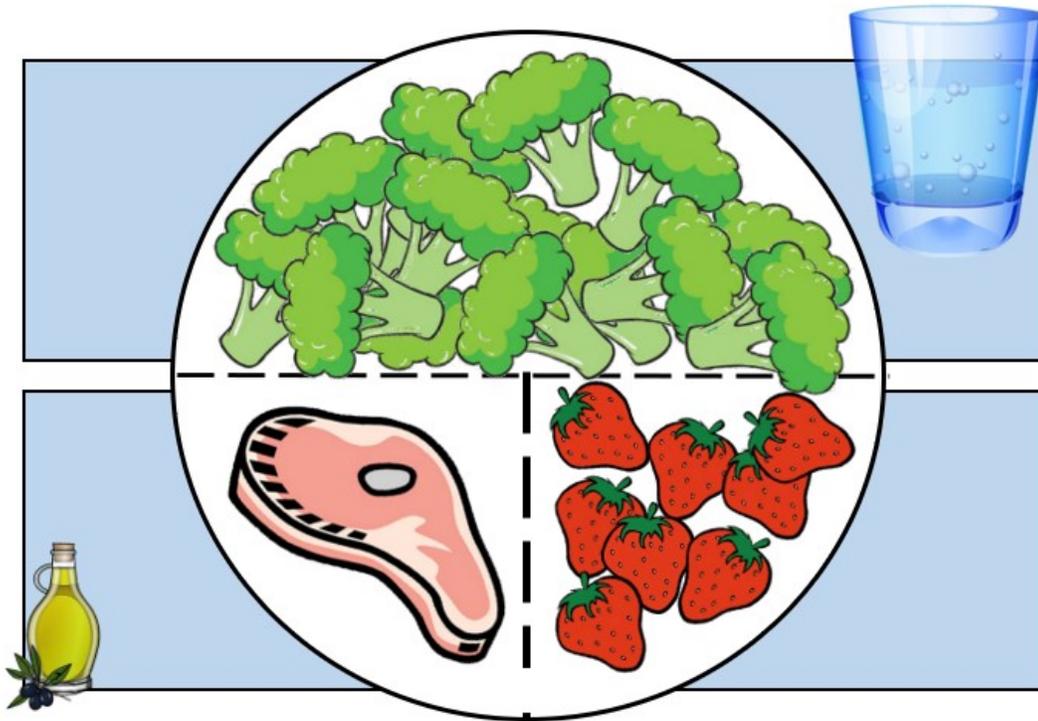

Eating for Nutrition



Building a healthy plate:

- Start with a 9-inch plate
 - 50% (or more) with non-starchy vegetables
 - 25% lean meat
 - 25% fruit, starchy vegetables, or whole grain
- Also add a healthy fat
- Include a beverage such as water

For best results:

- Focus on whole foods. Avoid processed foods.
- Eat only when you are hungry.
- Aim for 3 meals per day.

Meal ideas:

- Omelet with veggies (cooked in 1Tbsp olive oil), ½ cup berries
- Cauliflower, salad with 2T dressing, 4 oz salmon, ½ cup sweet potato

How to Build a Healthy Plate

1. Non-starchy vegetables (Unlimited—Eat as many as you want!)

Asparagus	Celery	Mushrooms
Beets	Cucumbers	Onions
Broccoli	Eggplant	Peppers
Cabbage	Green beans	Spinach
Carrots	Kale	Tomatoes
Cauliflower	Leafy greens	Zucchini

2. Lean protein (2-4 ounces per serving, 4-12 ounces per day)

Beef	Eggs	Pork
Chicken	Fish	Seafood
Cheese	Game meats	Tempeh
Cottage cheese	Greek yogurt (plain)	Turkey

3. Fat (1 ounce or 1 tablespoon per serving—Watch portions!)

Almonds	Guacamole	Peanut butter (natural)
Avocado	Macadamia nuts	Pecans
Avocado oil	Mayonnaise	Pistachios
Butter	Olives	Seeds (chia, flax)
Cheese	Olive oil	Walnuts

4. Carbohydrates (if desired)—Choose only 1 item from this section

Starchy vegetables (Limit ½ cup)

Corn	Potatoes	Winter squash
Peas	Sweet potatoes	Yams

Fruit (½ cup OR 1 small fruit per serving)—Limit 2 per day

Apple	Grapefruit	Orange
Berries	Grapes	Peach
Cherries	Kiwi	Pear

Grains and beans (Limit ⅓ to ½ cup)

Beans (black, kidney, pinto)	Oats	Rice (brown or wild)
Bread (1 slice whole grain)	Pasta (whole grain)	Tortilla (whole grain)
Lentils	Quinoa	

5. Beverages (Aim for 8-12 cups or 64-96 ounces per day)

Black coffee	Unsweetened tea	Water, infused with lemon, mint, herbs, or cucumber
Herbal tea	Water	

