



What is a Balanced Plate?



Non-Starchy Vegetables

Salad
Raw Veggies
Steamed, Roasted
& Sauteed

Grains & Starchy Vegetables

Rice, Quinoa,
Couscous, Pasta
Oats, Potatoes,
Sweet Potatoes, Peas, Corn,
Butternut Squash

Protein

Poultry & Meat
Seafood
Beans, Lentils, Chickpeas
Soy (*Tofu, Tempeh, Soy milk*)
Dairy
Nuts, Peanuts, Seeds

Fruit

(Fresh, Frozen, Canned or Dried)
Whole
Cut up
Pureed
Cooked

Don't Forget to Add

Water

- Hydrate with water instead of sugary beverages

Healthy Fats

- Plant based oils (e.g., olive oil)
- Avocado
- Nuts / Peanuts / Seeds

Calcium Rich

- Dairy
- Almonds
- Broccoli & Dark Leafy Greens
- Oranges
- Tofu
- White Beans

Gut Healthy

- Probiotics: Sauerkraut, Yogurt, Tempeh, Miso, Kefir, Kombucha, Kimchi
- Prebiotics: Onions, Garlic, Apples, Bananas, Asparagus, Beans, Wheat, Barley, Flax

Compliments to a Healthy Plate

Fun Fitness

Stay Social

Reduce Stress

7-8 Hours of Sleep/Night