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

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

Protein
- Poultry & Meat
- Seafood
- Beans, Lentils, Chickpeas
- Soy (Tofu, Tempeh, Soymilk)
- Dairy
- Nuts, Peanuts, Seeds

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

Don’t Forget to Add

Non-Starchy Vegetables

Grains & Starchy Vegetables

Fruit

Protein

Water

Healthy Fats

Calcium Rich

Gut Healthy

Compliments to a Healthy Plate

- Fun Fitness
- Stay Social
- Reduce Stress
- 7-8 Hours of Sleep/Night

For more information go to our dietitian page: hospitality.usc.edu/dietitian/