WHAT IS A BALANCED PLATE?

NON-STARCHY VEGETABLES
- Salad
- Raw Veggies
- Steamed, Roasted & Sauteed

FRUIT
- (fresh, frozen, canned or dried)
  - Whole
  - Cut up
  - Pureed
  - Cooked

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, Soymilk)
- Dairy
- Nuts, Peanuts, Seeds

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

COMPLEMENTS TO A HEALTHY PLATE

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

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