



# 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

### 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/](https://hospitality.usc.edu/dietitian/)