WHAT'S ON YOUR PLATE?

A GUIDE TO SELECTING HEALTHY FOOD OPTIONS

FRUITS

Cantaloupe, honeydew, watermelon, berries, grapes, kiwi, mangoes, apples, oranges, papaya, banana, cherries, pineapple, plums and grapefruit

VEGETABLES

Dark green vegetables (arugala, broccoli, kale, spinach), butternut squash, carrots, tomatoes, corn, potatoes, asparagus, avocado, brussel sprouts, cauliflower, beans and onions

WHOLE GRAINS

Brown rice, whole grain bread, quinoa, whole grain pasta, farro and oatmeal

PROTEIN

Fish (salmon, mackerel, tuna, sardines, flounder, bass, tilapia), chicken, lean red meat, pork, turkey, whole egg, seeds (flax, chia, sunflower), nuts (almonds, peanuts, cashews and their butters)

DAIRY

Milk, greek yogurt, grassfed butter and unprocessed cheese.

OILS AND OTHER HEALTHY FATS

Olive oil, vegetable oil, coconut oil, sunflower oil, fatty fish, egg yolk, hummus, avocado, seeds, nuts (and their butters)

TIPS FOR PERSONALIZING YOUR PLATE

- · This guide is for your three big meals: breakfast, lunch and dinner
- Not every meal needs to include fruits, but every meal should include vegetables. When fruits are not part of your meal, replace that portion of your plate with vegetables.
- Dairy does not need to be consumed with every meal, however the USDA recommends 3 cups per day based on a 2,000 calorie diet.
- Every meal should include oils and/or other healthy fats:
 - Use a drizzle of any of the oils on a salad, to sauté vegetables or add to an entrée.
 - Other healthy fats double as good sources of protein, so use these foods at least once a day as part of your protein portion.

*Please be aware of your own allergies before consuming any of these recommended foods.



