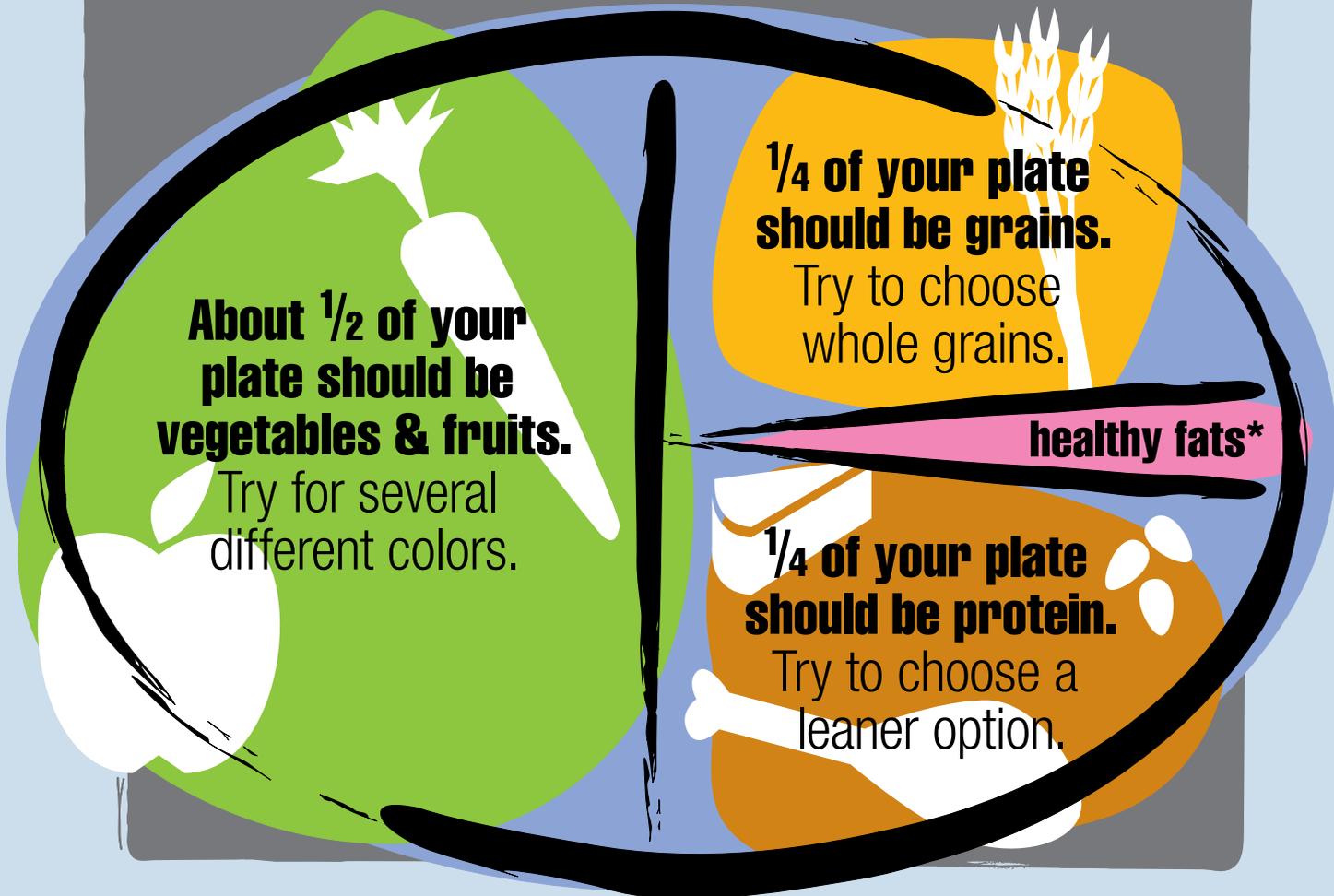




Optimize your health and weight by following these suggestions to

# Balance Your Plate



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## Tips

- This balanced plate is intended for a healthy adult who engages in low to moderate recreational activity. This would not be an appropriate amount of food for individuals who are varsity athletes or professional athletes, as well as those engaging in strenuous levels of activity. Check with a registered dietitian for a more customized intake.

- For a more holistic approach, consider varying your food groups rather than picking the same fruits, vegetables and proteins. Foods impart many health benefits and the more variety you infuse into your diet, the greater the health benefits.

## Vegetables & Fruits



- Provide vitamins, antioxidants, phytochemicals, fiber, and carbohydrates for energy.
- Choose a variety of colored vegetables and fruits everyday to assure you are getting the full spectrum of health benefits.
- Aim for larger portions of veggies than fruits.
- Potatoes, corn and peas are a starchier vegetable and can be used interchangeably with grains.

## Meats & Meat Substitutes



- Provide protein and fats and are also good sources of iron.
- Foods include: beef, pork, poultry, fish, eggs, dairy, beans (pinto, black, navy), tofu, nuts and soy products.
- If you do not eat meat, you should try to consume some other forms of protein at each meal.

## Grains



- Provide fiber, B vitamins, and carbohydrates for energy.
- Try to vary the grains you eat at each meal.
- Include: breads (whole wheat is recommended), pastas, cereal, rice, tortillas and crackers.
- Choose whole grains over processed white grains when possible.

## Dairy



- Provides protein, calcium, vitamin D, fats, and carbohydrates for energy.
- Foods include: milk, cheese, yogurt, cottage cheese and even ice cream.
- Choose low fat dairy products more often. Whole milk versions are higher in total fat content and fat free versions are generally higher in sugar content.
- If you can't eat dairy because of lactose intolerance, or dietary preference, try soy based milk and cheese products or other non dairy alternative. Just make sure they are fortified with calcium and vitamin D.

## Fats\*



- Yes! Your body needs fats to survive. Some fats are better than others (avocado, nuts, olives, olive oil & canola oil).
- Fish and nuts are good sources of essential fats that enable your body to work properly.
- Occasionally choose sweets such as candy and other desserts only in addition to your balanced plate, rather than a large part of it.
- Fried foods provide fats, but should only be eaten in moderation.

\* If your foods already contain fat, added healthy fat is not necessary.