

TOPIC OF THE MONTH!

BUILDING A HEALTHY AND BALANCED PLATE

Filling your food plate with a balanced variety of food at each meal is important for managing and preventing chronic illnesses. Here's a guide for how to create a healthy balance of food on your plate.

FRUIT & VEGETABLE

Make $\frac{1}{2}$ of your plate vegetables and fruit. Aim for color and variety. Remember that potatoes don't count as vegetables.

OILS

Use healthy plant oils - in moderation. Choose oils like olive, canola, corn, sunflower and peanut. Avoid partially hydrogenated oils found in processed foods.

WHOLE GRAIN

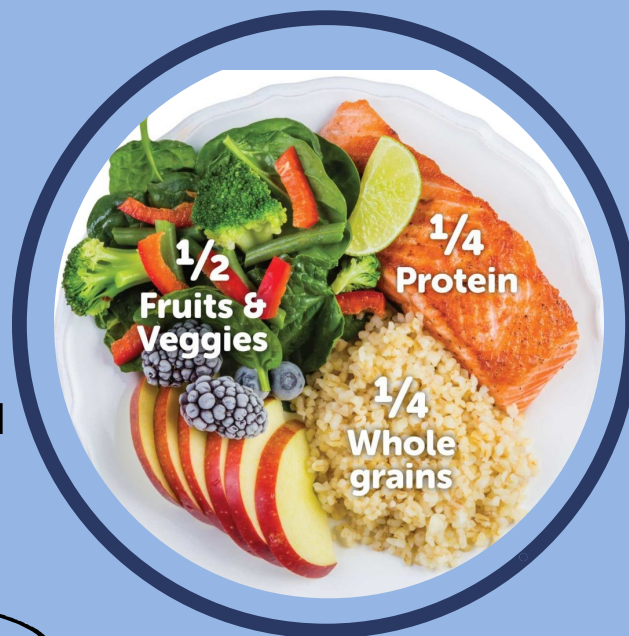
Choose whole grains. Fill $\frac{1}{4}$ of your plate with whole wheat pasta, barley, quinoa, oats or brown rice.

PROTEIN

Make $\frac{1}{4}$ of your plate protein. Fish, poultry, beans, and nuts are healthy protein sources. Limit red meat, and avoid processed meats such as bacon and sausage.

BEVERAGES

Drink water, coffee, or tea. Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.



1/2 Plant Protein & Whole grains

THE VEGAN PLATE

For the *Vegan Plate*, choose protein from plant sources rather than from fish and poultry. The main sources of protein among plant foods are **pulses** (lentils, peas, beans) and **cereals** (rice, oats, millet, wheat, and rye), as well as soy products such as tofu. **Pseudocereals** (buckwheat and quinoa), nuts, almonds, sesame seed, sunflower seeds, and chia seeds are also high in protein.



1/2 Fruits & Veggies

