



Building a healthy plate

Eating a healthful diet does not have to be complicated. Here are some tips to help you ensure you're consuming nutrient-dense foods to maximize your health!

1. THE PFC RULE

To ensure your meals are complete, include a source of each macronutrient: protein, fats, and carbohydrates. Some sources are more beneficial for your health than others, so we have included the ones we recommend.

Protein

- **Animal sources:** lean meats (poultry), fish, seafood, eggs, yogurt, milk
- **Plant-based sources:** legumes (beans, chickpeas, lentils, peas), nuts and nut butters (peanut, almond, cashew), seeds and seed butters (sunflower, pumpkin, sesame), soybeans (edamame, tofu, tempeh), protein powder

Fat

Aim for unsaturated fats and limit consumption of saturated fats.

- **Sources of healthy fats:** fish, vegetable oils (olive, canola, sunflower), avocado, nuts, seeds, olives
- **Sources of saturated fats (limit consumption of these):** animal meats, tropical oils (coconut, palm), dairy (cheese, whole milk)

Carbohydrate

- **Sources:** grains (rice, pasta, cereal, bread), legumes (beans, chickpeas, green peas, lentils), kencko, fruits, vegetables (starchy and non-starchy), milk

2. BUILD A HEALTHY PLATE

To ensure your meals are balanced, aim for these ratios:

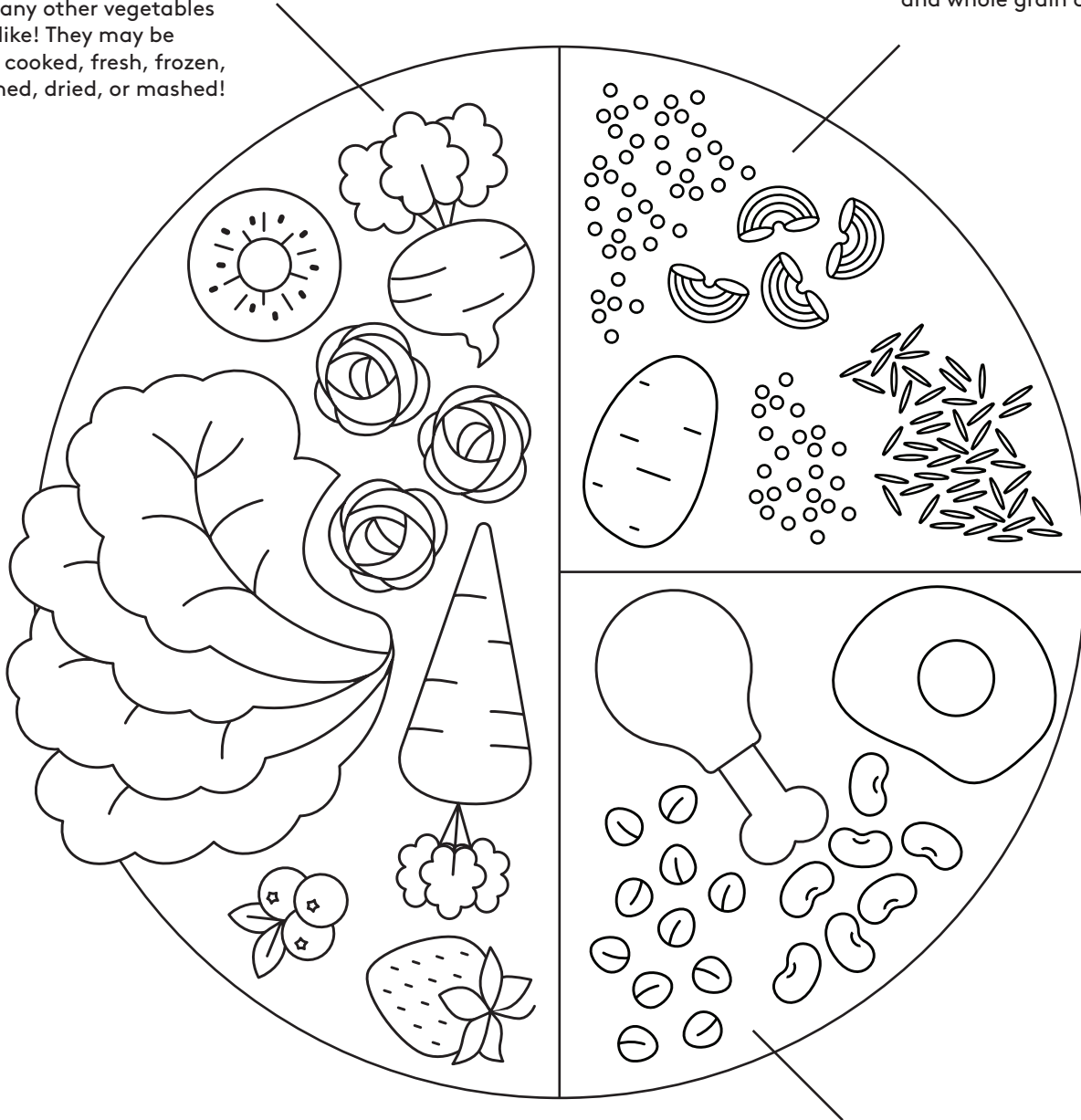
- **Fruits & vegetables** should comprise half of your plate (50%). Aim for more vegetables than fruit. One easy way to do this is to consume more fruits during breakfast and more vegetables during lunch and dinner.
- **Whole grains** should comprise a quarter of your plate (25%). Aim for whole grains such as brown rice, farro, quinoa, wild rice, whole wheat pasta, whole wheat bread, whole wheat tortilla, oats and whole grain cereals.
- **Proteins** should comprise a quarter of your plate (25%). Aim for plant-based proteins and lean animal proteins. When consuming plant-based proteins, try to get a variety of sources as different foods have different amino acids (building blocks of protein).

See next image for more details.

CATEGORY 1

Fruits & vegetables (1/2 of plate)

- Aim for more vegetables than fruits, and include a variety of colors!
- Cruciferous veggies: broccoli, cauliflower, brussels sprouts
- Leafy greens: spinach, kale, collard greens
- Add any other vegetables you like! They may be raw, cooked, fresh, frozen, canned, dried, or mashed!



CATEGORY 2

Whole grains (1/4 of plate)

- Prioritize whole grains versus refined grains
- Brown rice, farro, quinoa, wild rice, wheat pasta, wheat bread, tortilla, oats and whole grain cereals.

CATEGORY 3

Protein (1/4 of plate)

- Plant-based proteins: beans, peas, tofu, lentils, chickpeas, edamame
- Animal proteins: fish, shellfish, eggs, turkey, chicken