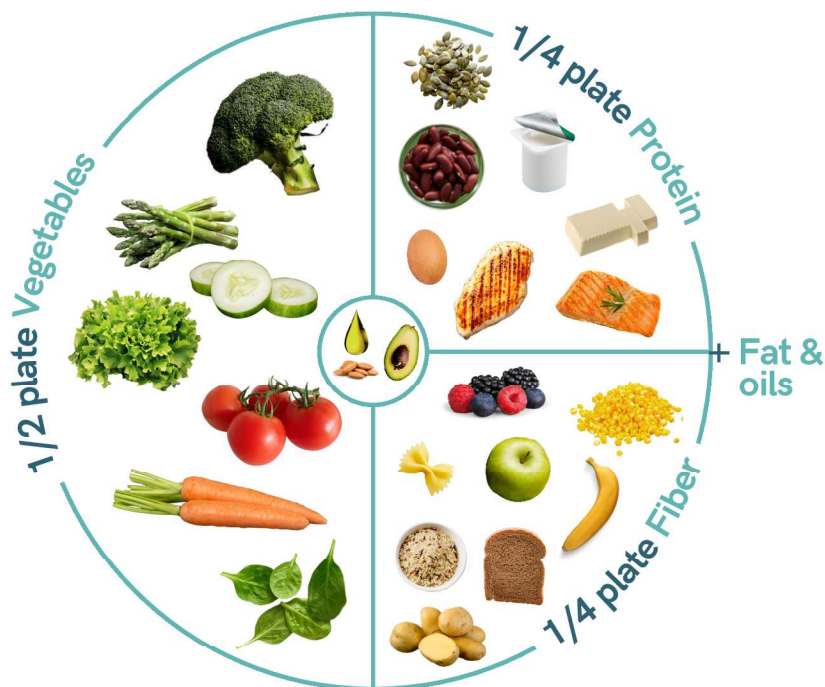


Balanced Plate



Eating regular meals and snacks (every 3-4 hours) and pairing **protein, vegetables and carbohydrates with fiber** at meals can help keep your body working well.



VEGETABLES

- | | |
|------------------|-------------|
| Leafy greens | Carrots |
| Broccoli | Okra |
| Cauliflower | Bok choy |
| Celery | Cucumber |
| Peppers | Tomato |
| Zucchini | Asparagus |
| Radishes | Green beans |
| Mushrooms | Eggplant |
| Brussels sprouts | Cabbage |
| | Snow peas |

FIBER

Whole Grains:

- | | |
|-------------------|--------|
| Whole grain bread | Quinoa |
| Whole grain pasta | Millet |
| Brown rice | Barley |
| Whole wheat naan | Oats |

Starchy Vegetables:

- | | |
|---------|--------------|
| Corn | Squash |
| Peas | Sweet potato |
| Potato | Plantain |
| Parsnip | Cassava |

Fruits:

- | | |
|---------|---------|
| Berries | Peaches |
| Citrus | Melons |
| Apples | Papaya |
| Mangos | Kiwi |

PROTEIN

- | | | | |
|---------|--------|----------------|---------|
| Chicken | Shrimp | Salmon | Edamame |
| Turkey | Tofu | Greek yogurt | Lentils |
| Eggs | Tuna | Cottage cheese | Beans |

HEALTHY FATS

- | | |
|-----------|-------|
| Olive oil | Nuts |
| Avocado | Seeds |
- 1 serving = ~ 1-2 Tbsp

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