

NOURISH PLATE

Veggies & Greens

Make half your plate non-starchy vegtables and leafy greens. Fill your plate with a rainbow of colors. Include raw, cooked and fermented varieties. Shop with the seasons and look for local sources.

Protein

Animal sources include fish, seafood, grass-fed meats, poultry, eggs and dairy. Good plant sources of protein include legumes/beans, nuts and seeds. Most whole grains and plants contain protein.

Carbs

Your carb corner should include starchy veggies like potatoes, squash, peas, and corn. Beans, legumes and whole grains like quinoa, oatmeal, and wild rice also provide fiber, protein and B vitamins.

Fruit

Low sugar fruits include all berries, apples, grapefruit, watermelon, melon, apricot, peaches/nectarines, persimmon, oranges and lemon/lime.

Healthy Fats

Include moderate amounts per day of healthy fats like avocados, nuts, seeds, fatty fish, and heart healthy olive oil.

