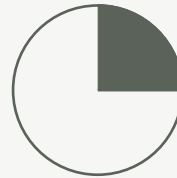


STRUCTURING YOUR PLATE



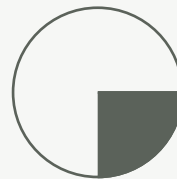
FRUITS AND VEGETABLES

Half of your plate should contain fruits and vegetables.



CARBOHYDRATE

A quarter of your plate should contain a carbohydrate.



PROTEIN

A quarter of your plate should contain a protein source.

CARBOHYDRATES

What They Do: Main source of energy for the body, aid in digestion, protect our muscles, supply fiber (a type of carbohydrate necessary for intestinal health and waste elimination that can help with lowering cholesterol and blood sugar)

Best Food Sources (All contain fiber): Sweet potatoes, fruits and vegetables, squash, peas, corn, oatmeal, beans, lentils, whole grains, whole wheat bread or pasta, brown rice, quinoa, barley, sprouted grains

PROTEIN

What They Do: The building blocks of the body, builds, maintains, and repairs muscle mass/tissue, keeps you fuller longer and prevents overeating, stabilizes blood sugar, improves mood, and helps fight infections

Best Food Sources: Meat, beans, lentils, fish, eggs, Greek yogurt or kefir, cheese, nuts and seeds (unsalted and unroasted), quinoa, tofu

FATS

What They Do: A source of energy for the body, help your body absorb certain vitamins, strengthen hair, skin, and nails, boost immunity, decrease inflammation, improve mood, and strengthen bones

Best Food Sources: Avocados, butter and ghee, Greek yogurt, coconut oil, olive oil, fish/shellfish high in omega 3's (salmon, tuna, mackerel, shrimp, lobster, clams, oysters, scallops), nuts and seeds, nut or seed butters, eggs