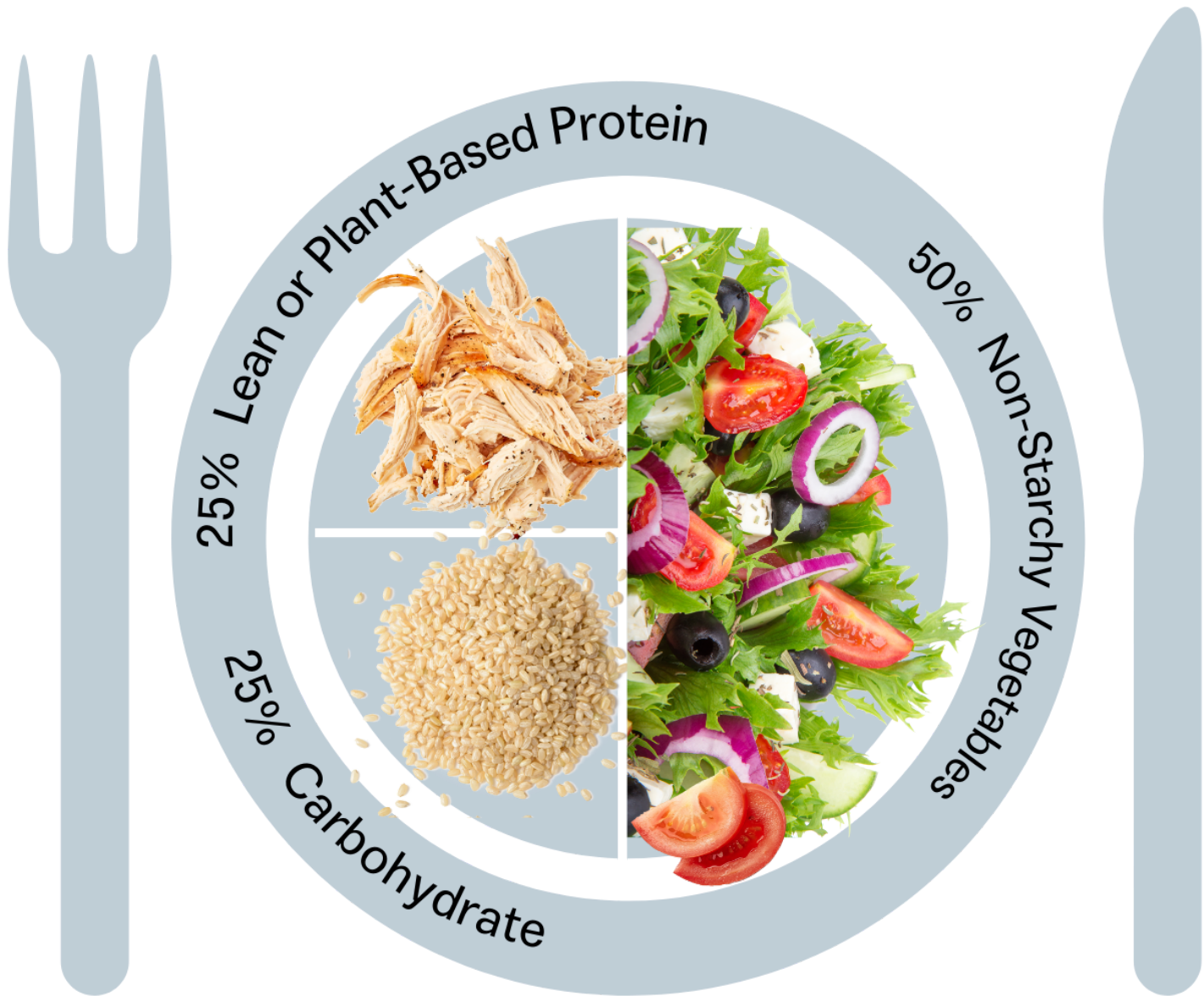


# Healthy Plate Model



# Healthy Plate Model

## Non-Starchy Vegetables:

Fill 1/2 of your plate with a colorful **variety** of vegetables and add to snacks. Eat these freely.

Cauliflower	Beets	Brussel Sprouts	Spinach
Cabbage	Bell Pepper	Cabbage	Turnip
Jicama	Onion	Celery	Okra
Mushrooms	Radicchio	Cucumber	Seaweed
Onions	Radishes	Green Beans	Snow Peas
Garlic	Sweet Red Peppers	Chili Peppers (jalapeno, serrano, guajillo, etc)	Sugar Snap Peas
Sauerkraut	Tomato	Arugula	Watercress
Shallots	Artichoke	Beet Greens	Zucchini
Kohlrabi	Asparagus	Chard	Bell Peppers
Bell Peppers	Bamboo Sprouts	Collards	Cabbage
Carrots	Bean Sprouts	Chayote squash	Cauliflower
Succotash	Bell Peppers	Dandelion	Eggplant
Summer Squash	Bitter Melon	Endive	Kale
Golden Beets	Bok Choy	Leeks	Belgian Endive
Rutabagas	Broccoli	Lettuce	Beetroot
Bell Pepper	Broccolini	Mustard Greens	
Spaghetti Squash	Broccoli Rabe		

# Healthy Plate Model

## Carbohydrate Rich Foods:

Fill  $\frac{1}{4}$  of your plate with a **variety** of these unprocessed options.

### Grains:

Oats	Cracked wheat	Stuffing	Millet
Amaranth	Farro	Tortillas (corn and flour)	Quinoa
Barley	Israeli Couscous	Tapioca	
Brown Rice	Wild Rice	Wheat	
Buckwheat	Polenta	Wheat Berries	
Bulgur	Quinoa	Whole Grain Bread	
Corn Bread	Rye	Whole Wheat Couscous	
Pasta/Spaghetti	Spelt	Black/Purple Rice	

### Starchy Vegetables:

Green Peas	Corn	Kabocha Squash	Potatoes
Parsnips	Yams	Pumpkin	Butternut Squash
Plantain	Acorn Squash	Sweet Potato	

### Legumes:

Soy beans	Navy Beans	Kidney Beans	Lima Beans
Baked beans	White Beans	Red Beans	Veggie Burgers
Black-Eyed Peas	Dhaal	Edamame	
Chickpeas	Lentils	Split Peas	
Lentils	Adzuki	Black Beans	

# Healthy Plate Model

## Carbohydrate Rich Foods:

### Dairy:

Cow's Milk	Oat Milk		
Yogurt	Rice Milk		
Goat Milk	Soy Milk		

### Fruits: *Serving size = ½ cup or 1 baseball sized piece of fruit*

Apple	Yellow Pear	Grapes	Plum
Applesauce	Yellow Watermelon	Pink Grapefruit	Prunes
Coconut	Apricot	Plum	Raisins
Dates	Cantaloupe	Pomegranate	Lulo
Litchi/Lychee	Kumquat	Raspberries	Melon Pears
Pear	Mango	Rhubarb	Tomatillo
White Nectarine	Nectarine	Strawberries	Fig
White Peach	Orange	Tomato	Goji Berries
Blueberries	Papaya	Watermelon	Huckleberries
Asian Pear	Peach	Boysenberries	
Banana	Persimmon	Marion Berries	
Cape gooseberries	Tangerine	Dragon Fruit	
Lemon	Blackberries	Honeydew Melon	
Passion Fruit	Blood orange	Kiwi	
Pineapple	Cherries	Lime	
Star Fruit	Cranberries	Pear	

# Healthy Plate Model

**Sugars:** limit these foods to 1-2 teaspoons per day

Sugar	Honey	Agave	
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## Protein-Rich Choices:

Fill ¼ of your plate with a **variety** of lean and plant proteins

### Poultry:

Chicken	Emu	Pheasant	
Turkey	Goose	Quail	
Cornish Hen	Ostrich		
Duck	Partridge		

**Meat:** limit red meat to less than or equal to 6oz per week

Pork	Caribou	Mutton	
Beef	Goat/Lamb	Venison	
Buffalo, Bison	Game Meat		
Limit processed meats like ham, bacon, sausage and hot dogs to only 1-2 times per month.			

### Fish Seafood:

Arctic Char	Cod	Salmon	Tanner Lingcod
Barramundi	Crab: Snow & King	Sanddab	Tilapia
Bass: Striped	Lobster	Sardines	Trout
Catfish	Prawn	Scallops	Tuna: Albacore
Clams/Mussels/Oysters	Rockfish	Shrimps	Tuna: Skipjack
Halibut	Sablefish	Sole	

# Healthy Plate Model

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## Protein-Rich Choices (con't):

Fill  $\frac{1}{4}$  of your plate with a **variety** of lean or plant proteins

### Dairy/Eggs:

Eggs	Goat Milk	Cow Milk	Cottage Cheese
Queso Fresco	Greek Yogurt	Soy Milk	Yogurt
Cheddar Cheese	Crema	Whey Powder	Kefir

### Plant-Based:

Beans and Lentils	Almond	Nut paste	Chia
Edamame	Brazil Nut	Pecan	Flax
Hummus	Cashew	Peanut (Legume)	Hemp
Seitan	Chestnut	Pine nut	Poppy
Tempeh	Hazelnut	Pistachio	Pumpkin
Tofu	Macadamia nut	Walnut	Sesame
Nut based yogurt	Nut butters	Nut based cheese	Sunflower

## Health-Promoting Fats

Add small amounts of healthy fats to your meals and snacks.

Almond Oil	Flaxseed Oil	Seeds	Mayonnaise
Avocado	Nuts	Sesame Oil	
Avocado Oil	Olive Oil	Sunflower Oil	
Canola Oil	Olives	Tahini	
Coconut	Safflower Oil	Walnut Oil	

# Healthy Plate Model

## Boost Nutrition:

Up your nutrition by enjoying antioxidant rich beverages and foods and experimenting with nourishing flavors, tasty herbs and healing spices:

Basil	Cilantro	Dill	Pepper
Bay Leaf	Cinnamon	Fennel	Jamaican Hibiscus
Chamomile	Cloves	Ginger Root	Rosemary
Blackstrap Molasses	Cocoa	Green Tea	Savory
Cardamom	Chili Powder	Mustard seeds	Tarragon
Cayenne	Coriander	Oregano	Thyme
Celery Seed	Cumin	Paprika	Turmeric Root
Chives	Curry Powder	Parsley	Vanilla
Mint	Lemongrass	Chamomile	

## Beverages:

Choose a **variety** of low or no calorie beverages.

Water	Herbal Tea (Chamomile, hibiscus, ginger, etc)	Decaffeinated Coffee (unsweetened)	Decaffeinated Black Tea (unsweetened)
Green Tea (unsweetened)	Coffee (limit to 1-2 cups/day)	Black Tea (unsweetened)	Skim Milk
Focus on drinking a variety of the above naturally low calorie beverages. For diet, zero sugar or other artificially sweetened beverages, limit to 1/day.			
Limit juice to 6 ounces per day.			
Limit sodas, energy drinks or sweetened coffee drinks to 1-2x/week if at all.			