

# How to Build a Healthy Meal

## A recipe for a healthy plate:

- Fill half of your plate with colorful, non-starchy vegetables (broccoli, lettuce, peppers, okra, cauliflower, cabbage, eggplant, spinach)
- Next, make a quarter of your plate high fiber grains or starchy foods (potatoes, oatmeal, quinoa, brown rice, whole wheat chapati, brown rice idli)
- Fill another quarter of your plate protein foods (chicken, lean meat, fish, tofu, lentils, chickpeas, kidney beans, black eyed peas)

## Serve with (optional):

- A small serving of dairy (1 cup skim milk, yogurt/curd)
- A small serving of fruit (one apple, half a banana, ½ cup berries)
- A drink that has low or no calories (water, sparkling water, unsweetened tea, coffee without sugar)

