

HEALTHY EATING BALANCED PLATE



1

CARBS: CLOSED FIST

Sources: brown rice, quinoa, oats, whole wheat, lentils, chickpeas, black beans, sweet potato, potatoes, bread.

2

PROTEIN: PALM

Chicken breast, turkey, beef, salmon, tuna, trout, eggs, greek yogurt, cottage cheese, milk, tofu, tempeh, legumes.

3

VEGGIES: CUPPED HANDS

Spinach, kale, arugula, broccoli, cauliflower, bell peppers, carrots, tomatoes, beets.

4

FRUIT: CUPPED HANDS

Strawberries, blueberries, oranges, grapefruit, pineapple, mango, papaya, apple, banana.

5

FATS: THUMB

Avocado, almonds, walnuts, extra virgin olive oil.

