

The balanced plate

Here's how to put together a healthy, balanced meal!

Fill $\frac{1}{2}$ of your plate with vegetables

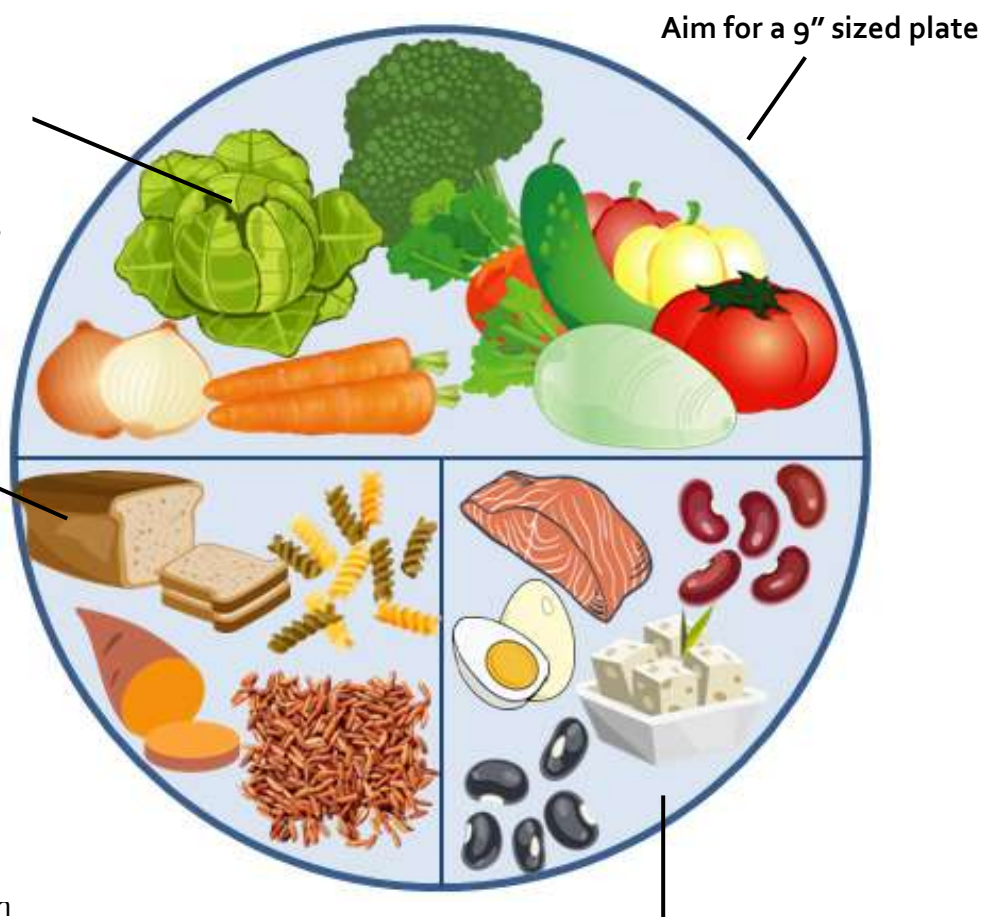
- Choose non-starchy vegetables
- Fresh, frozen or cooked are all healthy!
- Aim for a variety of colours and textures

Fill $\frac{1}{4}$ of your plate with carbohydrates (starches)

- Choose whole grains
- Aim for a high fibre content
- Avoid refined starches like white bread, crackers, and rice cakes

Fill $\frac{1}{4}$ of your plate with protein foods

- Choose plant-based proteins more often
- Have fish 1-2 times weekly
- Limit red meat to 1-2 meals/week



In general:

- Aim for whole foods instead of processed foods
- Cook at home as often as you can
- Eat slowly and enjoy every bite
- Include healthy fats in your diet, like olive oil, canola oil, and nut butters
- Use herbs & spices to flavor your food instead of salt
- Choose water, club soda, and plain tea/coffee to drink

Breakfast

- 2 slices whole grain bread
2 egg omelet
1 tsp margarine/butter
- $\frac{3}{4}$ cup cooked plain oatmeal
 $\frac{1}{4}$ cup unsalted chopped nuts
1 cup strawberries
1 cup unsweetened soy milk
- $\frac{3}{4}$ cup plain Greek yogurt
 $\frac{1}{2}$ banana
 $\frac{1}{4}$ cup unsalted chopped nuts
- 2 slices whole grain bread
2 tbsp natural peanut butter
- 1 whole wheat tortilla (6")
2 tbsp natural nut butter
1 apple, sliced
- $\frac{2}{3}$ cup cooked yam/plantain
1 hardboiled egg
2 cups steamed spinach
- $\frac{1}{2}$ cup Fibre 1 cereal
1 cup 1% milk
1 cup blueberries
 $\frac{1}{4}$ cup unsalted, chopped nuts
- 1 cup cottage cheese
1 peach/apple, sliced

Lunch/Dinner

- $\frac{2}{3}$ cup cooked brown rice/couscous
 $\frac{1}{2}$ cup lentils/legumes
1 cup raw carrot and celery sticks
2 tbsp hummus
- 3 oz. fish
1 cup cooked yam
2 cups steamed broccoli & spinach
 $\frac{1}{2}$ small mango, sliced
- 2 slices pumpernickel bread
3 oz lean turkey breast
2 cups mixed vegetables
 $\frac{3}{4}$ cup plain Greek yogurt
- 1 cup cooked whole wheat pasta
3 oz. grilled chicken
 $\frac{1}{2}$ cup diced tomatoes with fresh herbs
Salad with 2 tsp oil-based salad dressing
- 1 whole wheat pita
2 tbsp hummus
2 oz. feta cheese, fresh lettuce & tomato slices
1 medium apple
- 1 cup noodles OR $\frac{1}{2}$ baked sweet potato
3 oz. fish OR $\frac{3}{4}$ cup tofu
1 cup green beans
1 cup steamed broccoli

Snacks

- 2 oz. cheese & 1 medium apple
- $\frac{1}{2}$ cup of plain Greek yogurt & $\frac{1}{2}$ cup blueberries
- 1 slice whole grain bread & 1 tbsp natural nut butter
- $\frac{1}{3}$ cup hummus & 1 cup raw veggies
- $\frac{3}{4}$ cup roasted chickpeas
- 3 cups plain popcorn
- 1 cup of baby carrots & 2 tbsp of white bean dip