

## The balanced plate

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

### Fill ½ of your plate with vegetables

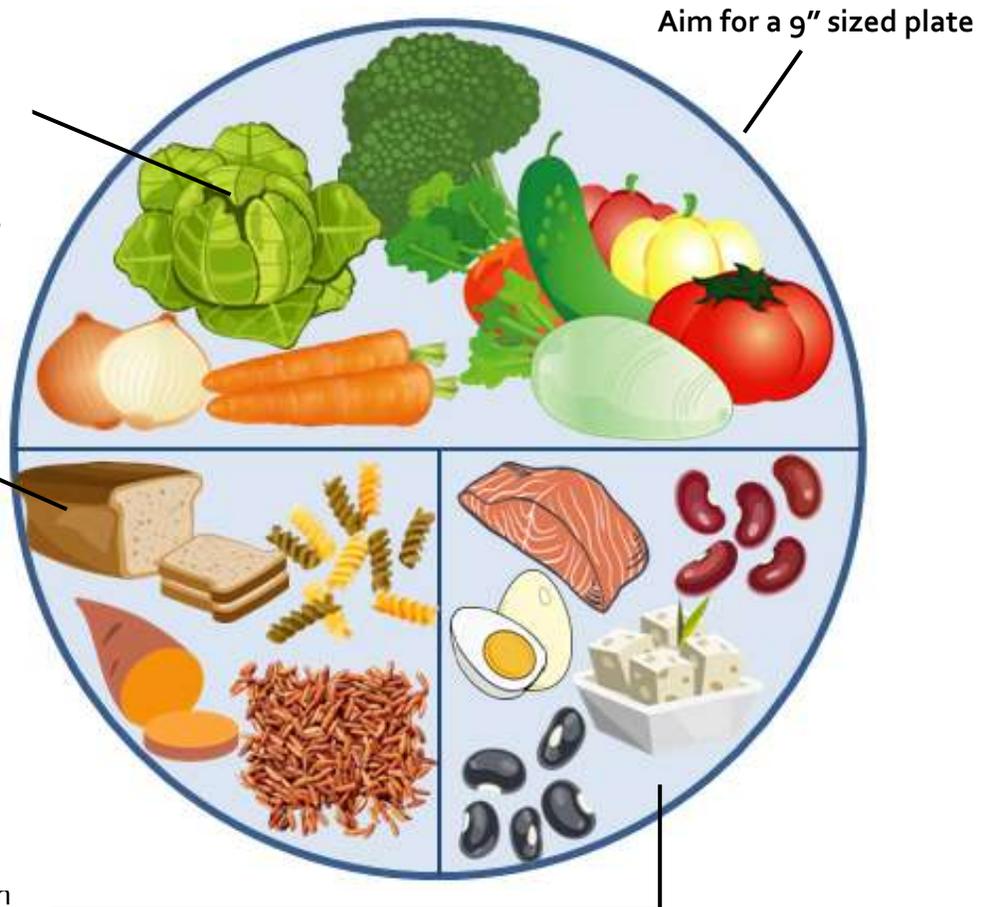
- Choose non-starchy vegetables
- Fresh, frozen or cooked are all healthy!
- Aim for a variety of colours and textures

### Fill ¼ 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 ¼ 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
- ¾ cup cooked plain oatmeal  
¼ cup unsalted chopped nuts  
1 cup strawberries  
1 cup unsweetened soy milk
- ¾ cup plain Greek yogurt  
½ banana  
¼ 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
- ⅔ cup cooked yam/plantain  
1 hardboiled egg  
2 cups steamed spinach
- ½ cup Fibre 1 cereal  
1 cup 1% milk  
1 cup blueberries  
¼ cup unsalted, chopped nuts
- 1 cup cottage cheese  
1 peach/apple, sliced

## Lunch/Dinner

- ⅔ cup cooked brown rice/couscous  
½ 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  
½ small mango, sliced
- 2 slices pumpernickel bread  
3 oz lean turkey breast  
2 cups mixed vegetables  
¾ cup plain Greek yogurt
- 1 cup cooked whole wheat pasta  
3 oz. grilled chicken  
½ 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 ½ baked sweet potato  
3 oz. fish OR ¾ cup tofu  
1 cup green beans  
1 cup steamed broccoli

## Snacks

- 2 oz. cheese & 1 medium apple
- ½ cup of plain Greek yogurt & ½ cup blueberries
- 1 slice whole grain bread & 1 tbsp natural nut butter
- ⅓ cup hummus & 1 cup raw veggies
- ¾ cup roasted chickpeas
- 3 cups plain popcorn
- 1 cup of baby carrots & 2 tbsp of white bean dip