Balance your plate

Make half your plate veggies. The veggies on your plate should take up the space you can hold in 2 hands.

Make a quarter of your plate grains or starchy veggies. The amount of grains or starchy veggies on your plate should be the size of your fist.

Make a quarter of your plate protein. The protein on your plate should be the size of your palm.

For protein try:
- Beef (lean ground or steak)
- Cheese (swiss, ricotta, mozzarella)
- Chicken breast
- Eggs
- Fish (cod, flounder, halibut, red snapper, salmon, sardines, sea bass, tilapia, tuna)
- Greek yogurt
- Hemp
- Nuts (almond, pine, peanut, walnut)
- Nut butter
- Seitan
- Shrimp
- Tofu
- Turkey (bacon, breast, ground)

Talk to your CHN nutritionist if you have more questions!
For veggies try:
- Amaranth
- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw (no dressing)
- Cooked greens (collard, kale, mustard, turnip)
- Cucumber
- Daikon
- Eggplant
- Edamame (soybeans)
- Green beans or wax beans
- Heart of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, romaine, spinach, arugula, radicchio, watercress)
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- Turnips
- Tomato
- Water chestnuts

For grains try:
- Barley
- Biscuit
- Buckwheat
- Pancakes
- Bulgur
- Cereal (whole grains)
- Chia
- Cornbread
- Couscous
- Cream of wheat
- Cream of rice
- English muffin
- Farina
- Farro
- Flax
- Grits
- Mangu
- Millet
- Oats/oatmeal
- Pita (whole wheat)
- Popcorn
- Quinoa
- Rice (brown, wild)
- Roti
- Tamale
- Tortillas (corn, whole wheat)
- Waffles
- Whole wheat bread

or starchy veggies try:
- Beans
- Corn
- Taro
- Potatoes (red, sweet, white)
- Squash (acorn, butternut, winter)
- Parsnips
- Yams
- Cassava
- Plantains
- Chickpeas
- Green peas
- Yautia
- Pumpkin
- Lentils