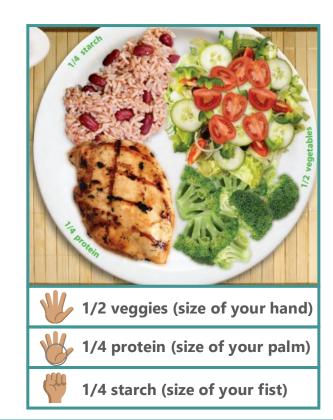
What's on your plate?

| Starch | | | |
|-------------------------------|------------------------------|----------|----------------------------------|
| Whole grains | Starchy veggies | | Refined starches |
| Whole wheat bread | Corn | Cassava | White rice, bread, pasta |
| Whole wheat pasta | Peas | Yautia | Bagels |
| Oatmeal | Plantains | Ñame | Pastries |
| Quinoa | Red potatoes | Yams | Croissants |
| Bulgar | Sweet potatoes | Pumpkin/ | Muffins |
| Brown rice | | Squash | Sweet bread |
| Tortillas | | | |
| Eat these starches more often | Eat these starches sometimes | | Eat these starches less often |



Proteins Plant-based proteins Lean animal proteins Animal proteins Chicken Beans (black or pinto) Beef Pork (bacon, sausage, Lentils (brown or green) Turkey pork chops) Fish (Salmon, Nuts (almonds, peanuts) Albacore tuna) Lamb Soy (tofu, edamame) Deli meats Eggs Reduced fat cheese Eat these proteins more often Eat these proteins less often

Non-starchy veggies Chayote **Peppers** Asparagus Cucumber Radishes Bean sprouts Salad greens Eggplant Beets (lettuce, arugula Brussels sprouts Green beans spinach, watercress) Greens Broccoli Squash (summer, (collard, kale) zucchini) Bok choy Leeks Sugar snap peas Cabbage Mushrooms Swiss chard Carrots Nopal Tomato Cauliflower Okra **Turnips** Celery Onions Eat these veggies all the time

Goals

| • | Aim to eat non-starchy veggies 1-2 times per day. | | | | |
|---|---|--|--|--|--|
| • | Aim to have whole grains 1-2 times per day. | | | | |
| • | Aim to have plant-based or lean animal proteins most of the week. | | | | |
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Talk to your CHN nutritionist if you have more questions!



