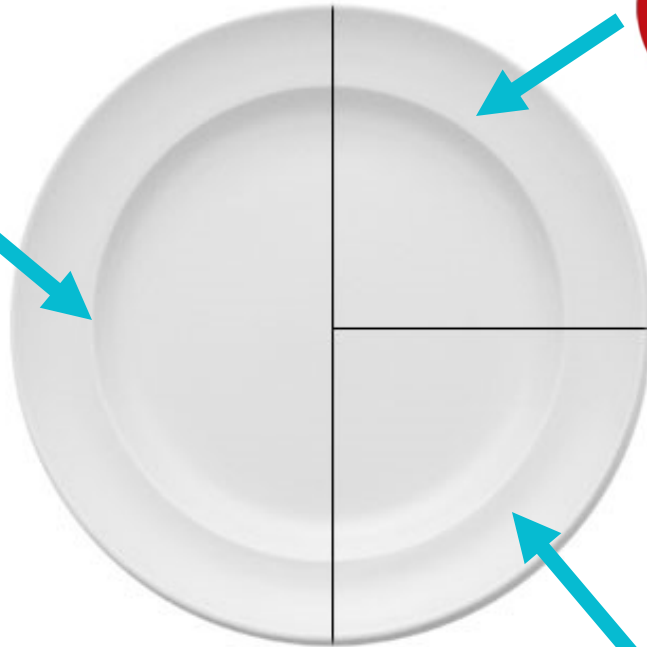


Balance your plate



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 | • Daikon | romaine, |
| • Artichoke | • Eggplant | spinach, |
| • Asparagus | • Edamame | arugula, |
| • Bamboo shoots | (soybeans) | radicchio, |
| • Bean sprouts | • Green beans or | watercress) |
| • Beets | wax beans | • Sprouts |
| • Brussels | • Heart of palm | • Squash |
| sprouts | • Jicama | (cushaw, |
| • Broccoli | • Kohlrabi | summer, |
| • Cabbage | • Leeks | crookneck, |
| • Carrots | • Mushrooms | spaghetti, |
| • Cauliflower | • Okra | zucchini) |
| • Celery | • Onions | • Sugar snap |
| • Chayote | • Pea pods | peas |
| • Coleslaw (no | • Peppers | • Swiss chard |
| dressing) | • Radishes | • Turnips |
| • Cooked greens | • Rutabaga | • Tomato |
| (collard, kale, | • Salad greens | • Water |
| mustard, | (chicory, | chestnuts |
| turnip) | endive, | |
| • Cucumber | escarole, | |



For grains try:

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



or starchy veggies try:

- | | | |
|------------------|------------------|-------------|
| • Beans | • Corn | • Taro |
| • Potatoes (red, | • Squash (acorn, | • Parsnips |
| sweet, white) | butternut, | • Yams |
| • Cassava | winter) | • Plantains |
| • Chickpeas | • Green peas | • Yautia |
| • Pumpkin | • Lentils | |