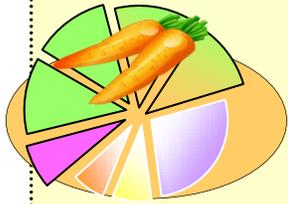
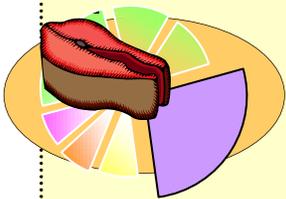


# How to Build a Healthy Meal

By using foundational nutrition principles and the *Healthy Meal Wheel* on the other side of this sheet, you will find that building a balanced, healthy *and* delicious meal can be easy!



**Vegetables and Fruit:** Focus on filling half of your plate with vegetables-- nutrient dense sources of complex carbohydrates. Non-starchy vegetables are a source of energy that will help to stabilize blood sugar and insulin levels, and they contain many vitamins, minerals and phytonutrients to support health. Starchy vegetables such as sweet potatoes, winter squash and potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs. Choose a variety to maximize the variety of nutrients you take in. Fruits should be consumed in moderation as they have the potential to raise blood sugar and insulin.



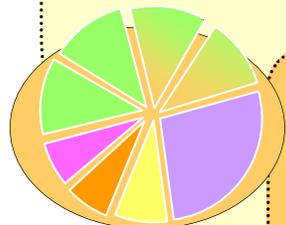
**Quality Protein:** Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health at any age. Complete proteins include eggs, meat, fish, seafood, and poultry. In addition to being a complete protein, a *quality* protein is organic, naturally-raised or wild-caught as these do not contain unhealthy hormones, pesticides or preservatives. Vegetarian complete protein sources including potatoes, quinoa, dairy and soy should be consumed with caution due to their high carbohydrate content.



**Healthy Fats:** Fat is *essential* for optimal health and wellness because it helps build healthy cells and is a major energy source for the body. Often, healthy fats are a component of the quality protein you already have on your plate. Foods like organic whole eggs, grass-fed meats and wild, coldwater fish are all excellent sources of healthy fats. In addition to eating these foods, you can prepare or garnish food with extra virgin olive oil, coconut oil, organic butter and ghee to get the healthy fats you need. You may also want to incorporate foods like avocados and organic nuts and seeds into your diet, as these foods are naturally high in healthy fats and make great snacks throughout the day.



**Optional Additional Carbohydrates:** Athletes or people who exercise regularly may want to add additional carbohydrates to meet their energy needs. You might want to start with adding more nutrient dense starchy vegetables and fruit. Eating grains is not recommended because they contain anti-nutrients that are harmful to the body. Additionally, proteins in the gluten-containing grains cause an immune response in one out of every three people and the starch found in these grains elevates blood sugar rapidly, contributing to blood sugar highs and lows. Quinoa, wild rice, teff, buckwheat and legumes are less problematic than true grains. They also contain anti-nutrients and should be soaked and/or fermented before they are eaten.



## Healthy (and Delicious!) Balanced Meal

Find the right balance for you by combining the above in portions and ratios that work best for you and your lifestyle.

**It's that easy! Now you are ready to roll.**

# Vegetables; Healthy Carbohydrates

## Leafy Greens

Chard  
Beet greens  
Spinach  
Curly kale  
Red kale  
Collards  
Mustard greens  
Dandelion greens  
Red leaf lettuce  
Romaine lettuce  
Butter lettuce  
Endive  
Arugula

## Mushrooms

Button  
Shitake  
Crimini  
Portobello

## Herbs

Parsley  
(curly and flat leaf)  
Cilantro  
Basil  
Dill

## Summer Squash

Crookneck  
Pattypan  
Yellow squash  
Zucchini

## Onion Family

Red onions  
Yellow onions  
White onions  
Garlic  
Green onions  
Shallots

## Crucifers

Broccoli  
Cauliflower  
Green cabbage  
Red cabbage  
Chinese cabbage  
Brussels sprouts  
Bok choy  
Kale  
Collards  
Mustard greens

## Miscellaneous

Asparagus  
Artichokes  
Avocado  
Bean sprouts  
Cucumber  
Celery  
Fennel  
Green beans  
Okra  
Olives  
Peas, raw  
\*Peas, cooked

## Nightshades

Tomatoes  
Eggplant  
Green/Red/Yellow peppers  
Hot peppers  
\*White potatoes  
\*Red potatoes  
\*Purple potatoes  
\*Yukon Gold potatoes

## Tubers

\*Yams  
\*Potatoes

\* Higher carbohydrate vegetables

## Root Vegetables

\*Beets  
\*Burdock root  
\*Carrots, cooked  
Carrots, raw  
\*Celery root  
Daikon  
Jicama  
Parsnips  
Radishes  
\*Rutabagas  
\*Turnips

## Winter Squashes

\*Acorn  
\*Butternut  
\*Carnival  
\*Delicata  
\*Hubbard  
\*Kabocha  
\*Pumpkin  
Spaghetti squash  
\*Sweet dumpling  
\*Turban

# How to Build a Healthy Meal

## Vegetables

(about 1/2 your plate)



## Fruit



## Optional Additional Carbohydrates



## Optional Additional Healthy Fats



## Quality Protein

(a palm sized portion)



## Core Supplements



Multivitamin/ mineral  
Vitamin D  
Fish oil  
Probiotics  
Vitamin K  
Coconut oil

## Fruit

Apple  
Apricot  
Banana  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Cherries  
Figs & Dates  
Grapefruit  
Grapes & Raisins  
Honeydew  
Kiwi  
Mango  
Nectarine  
Orange  
Papaya  
Peach  
Pear  
Pineapple  
Plum  
Prunes  
Raspberries  
Strawberries  
Watermelon

## Optional Additional Carbohydrates

### Legumes

Adzuki beans  
Anasazi beans  
Black-eyed peas  
Black beans  
Garbanzo beans  
Kidney beans  
Mung beans  
Navy beans  
Pinto beans  
Lentils

### Grains

Amaranth (GF)  
Brown Rice (GF)  
Buckwheat (GF)  
Corn (GF)  
Millet (GF)  
Quinoa\*\* (GF)  
Teff (GF)  
Wild Rice\*\* (GF)  
Oats

GF = gluten free

## Healthy Fats

Fat from Quality Protein  
Butter  
Ghee (clarified butter)  
Cream  
Coconut oil  
Olive oil  
Sesame oil  
Avocado  
Olives  
Nuts & Seeds

## Vegetarian

Eggs  
Quinoa  
Potato  
Tempeh  
Tofu  
Greek Yogurt, plain  
Cheese  
Cottage Cheese  
Nuts  
Seeds  
Mycoprotein (Quorn™)

## Animal Based

Beef  
Buffalo  
Chicken  
Duck  
Eggs  
Fish  
Seafood  
Lamb  
Ostrich  
Game Meat  
Pork  
Turkey  
Cheese  
Cottage Cheese  
Greek Yogurt, plain