

Balance Your Plate

WITH THE RIGHT FOODS

Non-Starchy Vegetables

- Asparagus
- Mushrooms
- Broccoli
- Onions
- Brussel sprouts
- Peppers
- Cabbage
- Rapini
- Carrots
- Snow peas
- Cauliflower
- Snap peas
- Celery
- Turnip
- Cucumber
- Leafy greens – bok choy, lettuce, spinach, Swiss chard, kale
- Summer squash (spaghetti, zucchini)
- Tomato, tomato sauce



Lean Protein

Animal proteins include:

- Milk, yogurt, cheese
- Eggs, egg whites
- Fish, canned fish
- Chicken, turkey
- Beef, veal, lamb, pork

Plant proteins include:

- Tofu, soybeans, edamame
- Beans – black, cannellini, kidney, navy, etc
- Chickpeas, hummus
- Split peas
- Lentils

Healthy Fats (optional)

- Vegetable oils
- Nuts, nut butters
- Seeds, seed butters
- Avocado
- Salad dressings made with oil
- Non-hydrogenated margarine

Whole Grains or Starchy Vegetables

Grains include:

- Amaranth
- Quinoa
- Couscous
- Rice (basmati, brown)
- Barley
- Wild rice
- Bulgur (cracked wheat)
- Buckwheat (kasha, soba noodles)
- Bread products (buns, pitas, tortillas)
- Pasta/noodles

Starchy Vegetables include:

- Potatoes
- Sweet potatoes, yams
- Corn
- Beets
- Green Peas
- Parsnips
- Winter Squashes (butternut, acorn, pumpkin)