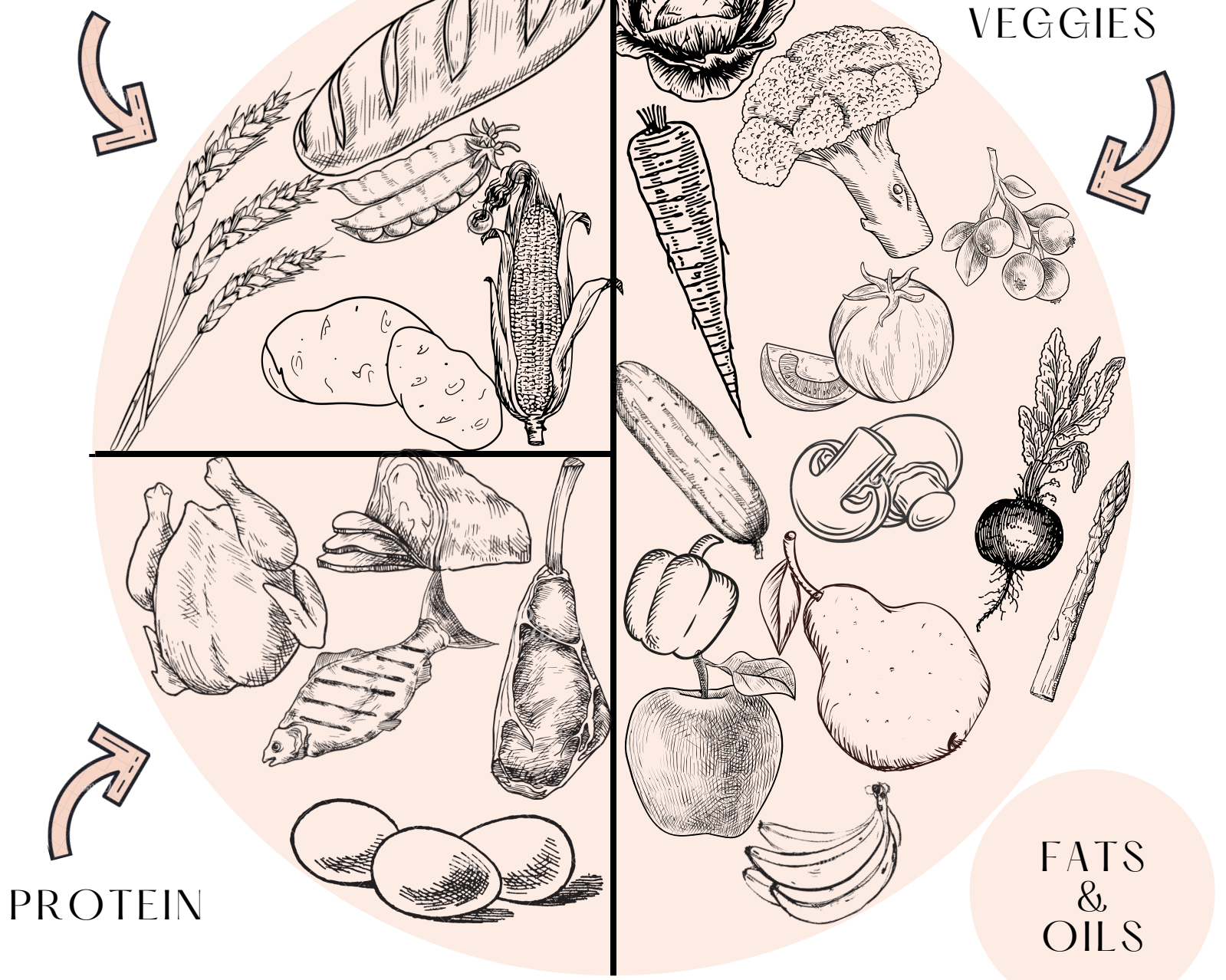


THE BALANCED PLATE

CARBS AND
STARCHY
VEGGIES

FRUITS AND
NON-STARCHY
VEGGIES



BEE WELL NUTRITION

FRUITS AND NON-STARCHY VEGGIES

Salad greens, spinach, broccoli, cucumbers, tomatoes, squash, zucchini, peppers, mushrooms, green beans, asparagus, carrots, beets, onions, cabbage, brussel sprouts, cauliflower, celery

Bananas, pineapple, apples, grapes, oranges, grapefruit, kiwi, pears, melon, cherries, berries, mangos

Non-starchy vegetables provide your body with much-needed fiber (important for disease prevention and heart health), vitamins, and minerals. They are also lower in calories and can provide fullness at meal times.

Fruit is also high in fiber, vitamins, and minerals. Fruit is also considered a carbohydrate because the fiber in fruit does not affect blood sugar like other carbs. Fruit provides your body with glucose which helps your body do its thing.

PROTEIN

Beef, chicken, turkey, eggs, fish, bison, lamb, elk, veal, and other game.

Protein is the building block of your body. Protein is needed for muscle repair and growth. Protein can also help with feeling fuller longer at meals. Protein sources also hold important vitamins and minerals such as B12 and iron.

CARBS AND STARCHY VEGGIES

Pasta, rice, corn, beans, bread, peas, bread, most baked goods, wheat, oatmeal, potatoes, yams, sweet potatoes, and quinoa.

Carbohydrates and starchy vegetables provide the body with valuable nutrients. The most important is glucose which is vital for bodily function. They also contain fiber which contributes to fullness and can help prevent many diseases.

Carbs and starchy vegetables tend to have more calories than non-starchy vegetables.

FATS AND OILS

Butter, oils (corn, olive, avocado, coconut, canola, etc), nuts, sour cream, and avocados.

Fats are important for brain and heart health. They are higher in calorie and in excess can have negative side effects including heart disease, weight gain, and can contribute to other diseases.

It's important to include all food groups in your everyday diet. Avoiding a food group can have negative consequences that could include vitamin/mineral deficiency, muscle wasting, disordered eating, and psychological impacts.

