

Balanced Plate

Hydration

Aim to drink 64 oz of water per day.

Want more flavor? Try “infusing” your water with lemon, mint, fresh fruits or frozen berries for a boost of flavor plus antioxidants!

Half of your plate fruits and veggies

- Most dense source of *vitamins & minerals!*
- Choose whole fruits & veggies over juices for more beneficial fiber
- “Eat the rainbow”—choose a variety of different colors to ensure you’re getting a balanced mix of nutrients

Boosting your Healthy Fats

Important for the brain, heart health and anti-inflammatory properties

Oils (Olive, avocado, sesame oils)
avocado, nuts, chia seeds, hemp seeds,
ground flaxseed, salmon



High Quality Protein

Protein is essential for maintaining the health & integrity of your muscles, bones, blood, skin, & cartilage, among other functions. Including high-protein foods at each meal will help you feel more full so you can better regulate your overall food intake throughout the day.

Animal proteins: Lean meats (steak), fish, poultry, eggs, & dairy products (milk, yogurt, cheese)

Starches & Grains

(Complex carbohydrates)

Starches & grains are an excellent source of *carbohydrates*, the body’s main fuel source. Consuming them consistently throughout the day can help you stay energized.

Note: not all grains are created equal—whole grains (e.g. whole wheat breads/pastas, whole oats, barley, quinoa, brown rice, potatoes/sweet potatoes, plant-based pastas, etc.) provide us with more beneficial micronutrients, fiber, and healthy fats, & provide us with longer-lasting energy than refined grains (e.g. white bread, white rice, any grain/rice product labeled “refined” or “enriched”).