

FOOD in FOCUS

THRIVE INSIDE NUTRITION

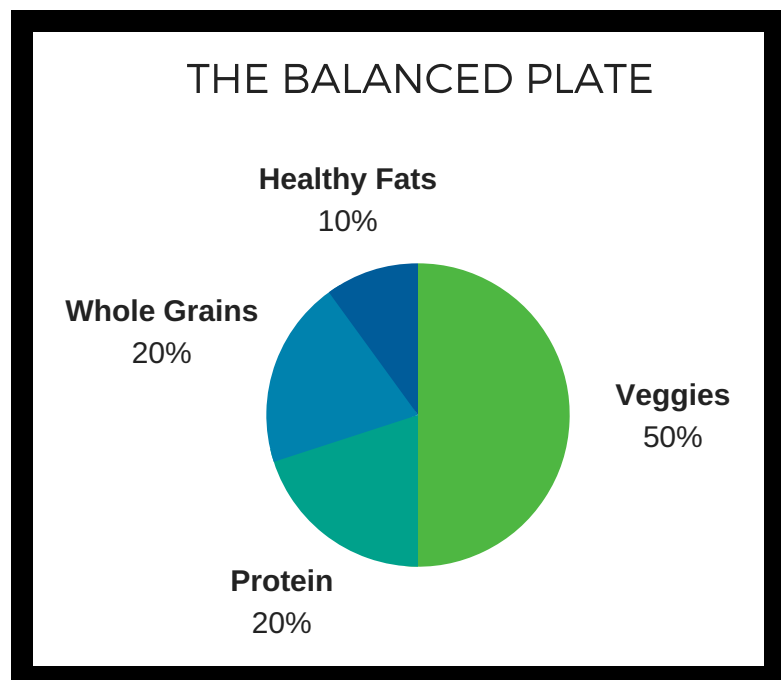
Healthy eating doesn't have to be a daily monumental effort when you consider building your plate in visual terms. Aim to plan your meals based on the chart below, which represents a general approach to a balanced diet.

VEGGIES: Aim for 7-9 servings per day, which is easy to do when you cover 1/2 your plate with vegetables. One serving is equivalent to 1 cup of raw veggies, or 1/2 cup cooked. Remember: corn is a grain, not a veggie!

WHOLE GRAINS: Brown rice, quinoa, kasha, oats and whole wheat, if tolerated, should take up just under 1/4 of your plate. Limit processed grains and go for the varieties with the fewest ingredients if you plan to indulge in crackers, breads or cereals.

PROTEIN: Animal protein (cheese, eggs, meat, poultry, fish) and/or plant protein (beans, lentils, soy, peas) should also comprise just under 1/4 of your plate. Opt for grass-fed, pastured, or wild animal proteins to get more nutrients (and less toxins) per bite. Similarly, purchase non-GMO plant proteins when possible for the same reasons.

HEALTHY FATS: Nuts, seeds, olives, fatty fish (mackerel, salmon, herring), eggs and oils (olive, avocado and coconut) round out the last portion of your plate. Oils are typically a component of other items on your plate, and note that some of these items contain both fats and proteins (eggs, nuts, seeds, fish).



Use this handy visual to piece together a balanced plate at every meal.