

# First step of Healthy Eating Habits...

## Balanced Plates

Healthy eating starts with choosing the right foods to create balanced meals. Making balanced plates ensures that you are getting all of the nutrients your body needs along with assisting with portion control. Practice moderation by sticking to the recommended serving size and make sure to vary up the foods you eat.



### 50% Fruits & Vegetables

Fill your plate with a variety of color. Fruits and vegetables provide a lot of vitamins, minerals, and antioxidants. Try and limit those cooked in sugar or fried.



### 25% Protein

Protein-rich foods include fish, beans, nuts, dairy, and lean meats such as chicken and turkey. Non-lean meat is high in protein too, but has a lot more fat and dietary cholesterol, so be conscious of your weekly consumption of those protein sources.

1 SERVING = 1/2 CUP  
ABOUT THE SIZE OF  
A FIST



### Fluids

Some drinks are full of sugar and "hidden" calories. Be aware of what and how much you are drinking. Especially drinks such as soda, juices, tea, alcohol and specialty coffees.

### 25% Whole Grain or Starch

Starches help keep us full and can be high in fiber, which helps with digestion and satiety. Foods that fall into this part of your plate include pasta, bread, rice, potatoes, other grains such as quinoa, and starchy vegetables. To know if something is whole grain, look at the ingredient list and the first ingredient should say "Whole Grain"

### Fats

Fats are used a lot of time in food preparation or already are in the foods you eat. When cooking try to use low-fat spreads or oils with less saturated fat such olive oil.

