

Building a Balanced Plate



The Plate Method

Make a balanced meal by including one item from each food group you see.

1/2 of your plate:

- non-starchy vegetables

1/4 of your plate:

- fiber-rich carbohydrates

1/4 of your plate:

- lean protein

Plus...Heart Healthy Fats



LOOK AT THESE EXAMPLES!



Sandwich

Use whole grain bread for more fiber. Add a lean protein like leftover shredded chicken or sliced turkey. Include lettuce, tomatoes, or onions. Finally, top it off with a nice vinaigrette for fat and flavor!



Stirfry

Start with brown rice or whole grain noodles, before adding tofu, salmon, or canned tuna. Don't forget chard, mushrooms, broccoli, and garlic. Next, include nuts for an extra crunch, fat, and protein.



Fajitas

Begin with colorful peppers, onions, and cilantro. Add chicken, shrimp, or lean beef. On the side, include corn tortillas and avocado for carbohydrates and fat. For a fruity finish, top with mango salsa!



Pizza

Use a crust made with whole grains. Layer on your tomato sauce. Sprinkle with cheese to add in protein. Top with any extra vegetables you love. Drizzle with olive oil for fun and healthy fats!



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