



**BETTER
NUTRITION**

**FOR
GOOD
HEALTH!**

IntuneHealth ™

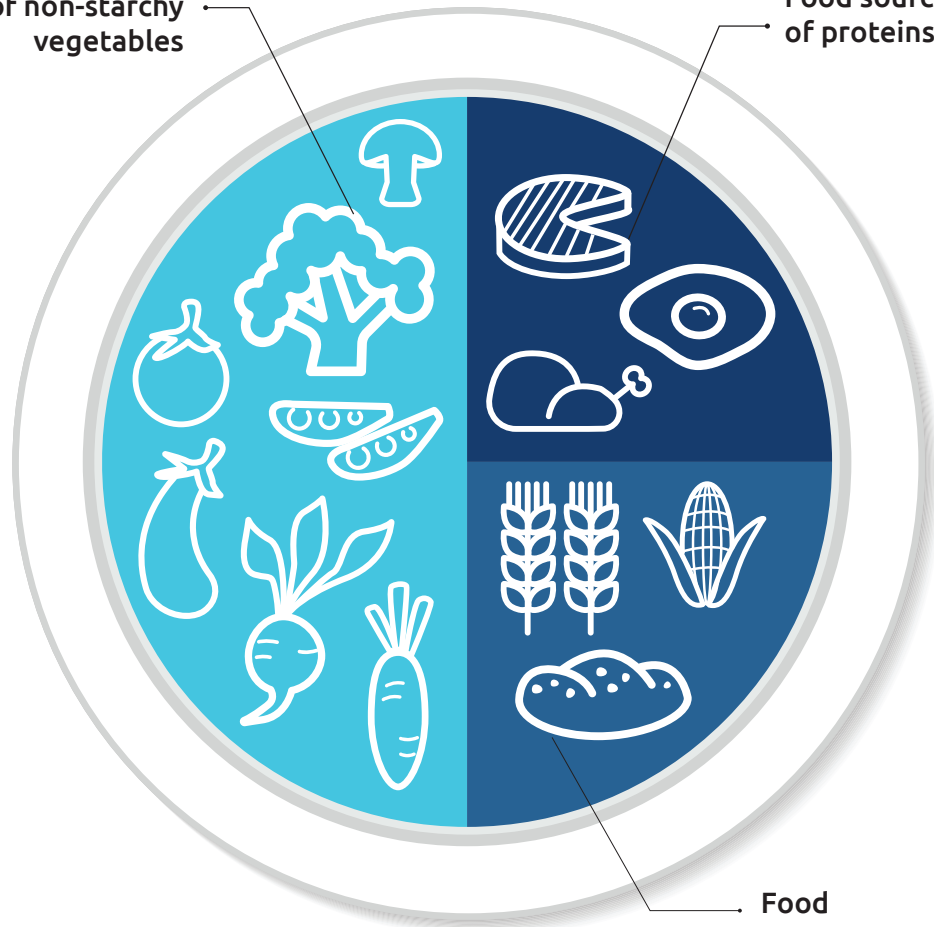


FOLLOW OUR

Healthy Plate Guidelines

Food sources
of non-starchy
vegetables

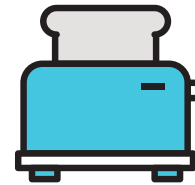
Food sources
of proteins



Food
sources
of carbs/
starches



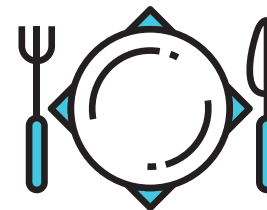
Follow the healthy plate for all meals (breakfast, lunch and dinner). Fill half of your plate with non-starchy vegetables, one quarter with a lean protein, and one quarter with a whole grain carb/starch.



Avoid skipping meals: eat small, healthy meals; every 4-5 hours. Try using a small plate to reduce portion sizes.



Be active! Move your body for 30-60 minutes at least 5 times per week.



Eat slowly, chew your food, reduce stress and stay positive!



FOOD SOURCES OF Fats

Sprinkle unsalted nuts on salads. Avoid butter, margarine, sour cream, and mayonnaise - use plain Greek yogurt instead!

- Almonds, cashews (10-12)
- Walnuts, pecans (6-8)
- Seeds (2 Tbsp)
- Peanut or almond butter (2 Tbsp)
- Avocado (1/4 small)
- Oil (2 Tbsp)

FOOD SOURCES OF Non-starchy vegetables

Try to eat at least 1 cup per meal. Choose fresh or frozen; or canned "no-added salt" or "low-sodium".

- Asparagus
- Green peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumber
- Eggplant
- Green beans
- Greens (kale, lettuce, collard)
- Okra
- Onions
- Yellow squash
- Tomatoes
- Zucchini
- Mushrooms
- Spinach

FOOD SOURCES OF Carbs/starches

Choose only one food from the list at meals and snacks. Avoid cakes, cookies, pies, and pastries.

Starchy vegetables & beans

- Butternut squash (1/2 cup)
- Potato, white or sweet (1/2 cup)
- Peas (1/2 cup)
- Corn (1/2 cup)
- Plantain (half)
- Beans, lentils (1/2 cup)

Whole grains

- Rice, brown (1/2 cup)
- Pasta, noodles (1/2 cup)
- Hot cereal (1/2 cup)
- Quinoa (1/2 cup)
- Bread, crackers -whole wheat

Fruits (1/2 cup)

- Apple
- Berries
- Melons
- Pear
- Banana
- Mango
- **Dairy (choose low-fat)**
- Almond milk, unsweetened (1 cup)
- Greek yogurt, plain (5 oz)

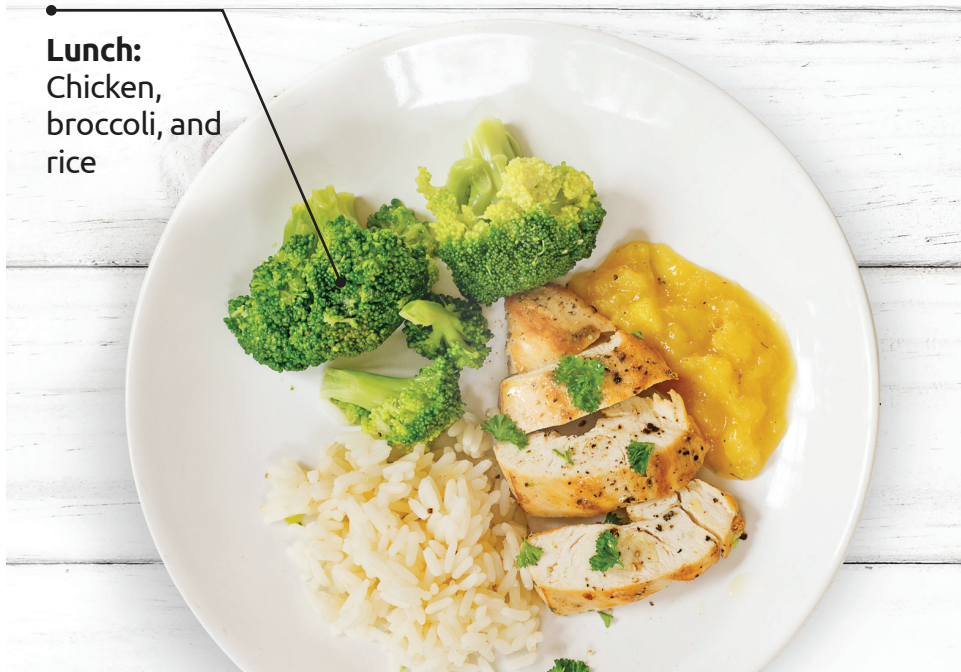
FOOD SOURCES OF Protein

Bake, grill, or broil meats, poultry and fish. Avoid fried foods, bacon, bologna, and hot dogs for example.

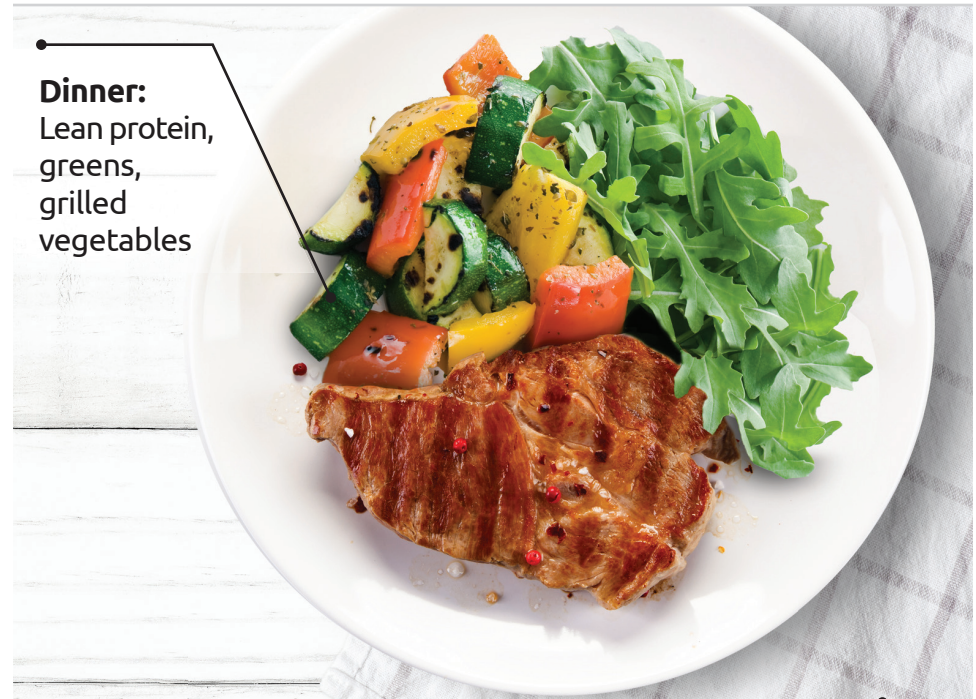
- Chicken or turkey (3 oz)
- Cheese, low-fat (2 slices)
- Eggs (2)
- Beans, lentils (1/2 cup)
- Cottage cheese, low-fat (1/2 cup)
- Fish (3 oz)
- Beef or pork, lean (3 oz)



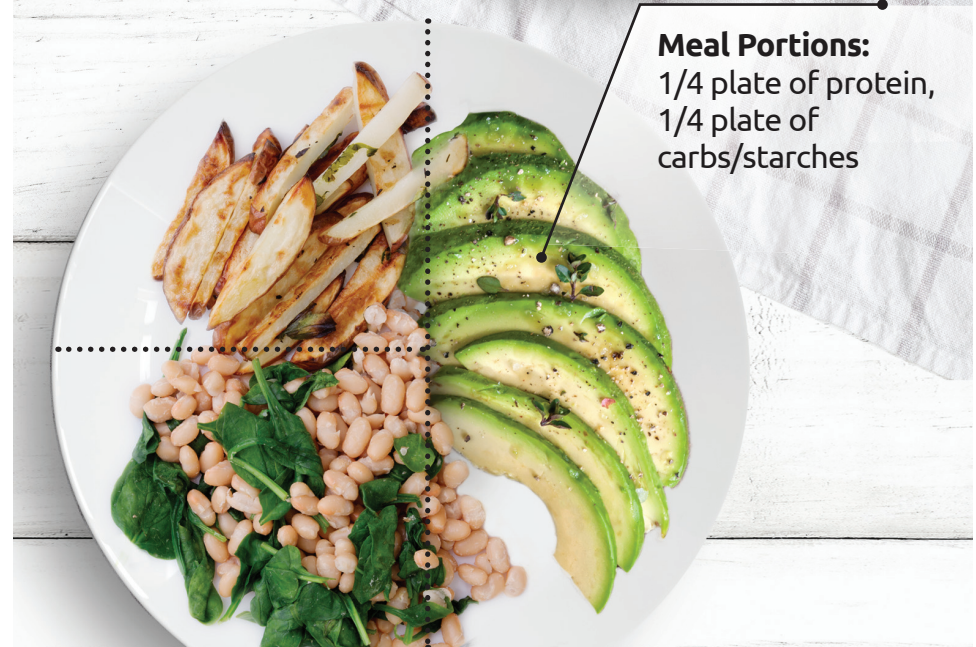
Breakfast:
Oatmeal
nuts and fruits



Lunch:
Chicken,
broccoli, and
rice



Dinner:
Lean protein,
greens,
grilled
vegetables



Meal Portions:
1/4 plate of protein,
1/4 plate of
carbs/starches



CHOOSE

Choose healthy drinks:

- Water with lemon
- Sparkling flavored water
- Unsweetened teas

- Choose a variety of herbs and spices to flavor your food instead of salt, or flavor cubes. Basil, parsley, cilantro, thyme, cumin, curry, garlic powder, onion powder, cinnamon, pepper, paprika, and more!

Choose healthy snacks:

- Fresh fruit
- Hard-boiled egg
- Carrots and celery with hummus
- Yogurt with berries

Choose whole foods that you can recognize coming from the earth ... not coming from a factory! An apple is better than apple juice, and potatoes are better than instant potatoes.

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