

PLATE METHOD BASICS



SIMPLE CHANGES FOR LIFELONG HEALTH



FRUIT

Whole, Fresh or Frozen

Examples: Berries, Apricots, Cherries, Apples, Banana, Oranges, Peaches, Mangoes and more.



WATER

Use/substitute as your primary beverage.

RETHINK THE WAY YOU PREPARE MEALS.



SWEETENER

Sweeten foods naturally with fruits and dried fruits. Use honey and other food sweeteners sparingly.



VEGETABLES

Raw and Cooked

Examples: Leafy Greens (Lettuces, Kale, Collards, Bok Choy, Arugula, Cabbage, etc), Green Beans, Beets, Broccoli, Sweet Potatoes, Summer/Winter Squash, Peppers, Carrots and more!



WHOLE GRAINS

Whole, Unprocessed Grains

Examples: Brown Rice, Quinoa, Oats, Barley, Kamut, Buckwheat, Farro, Millet and 100% Whole Grain Breads and Pastas

PROTEINS

Most Often

Choose, Beans, Peas, Lentils, Tofu, Tempeh, Nuts, Seeds and 2-3 oz cooked serving (a few times a week) of Beef, Chicken and Seafood

EAT GREENS, AND EVERY OTHER COLOR TOO.

HEALTHY FATS

Fats From Whole, Plant Based Food

Nuts, Seeds, Avocados and Olives



GET FAMILIAR WITH OUR HEALTH STARTS HERE PROGRAM.

STOCK A HEALTHIER PANTRY.

SALT



Minimize salt intake by using no/low sodium ingredients when cooking meals and salt sparingly (if at all), at the table to taste.

LOOK FOR THE HEALTH STARTS HERE LOGO IN YOUR LOCAL WHOLE FOODS MARKET.