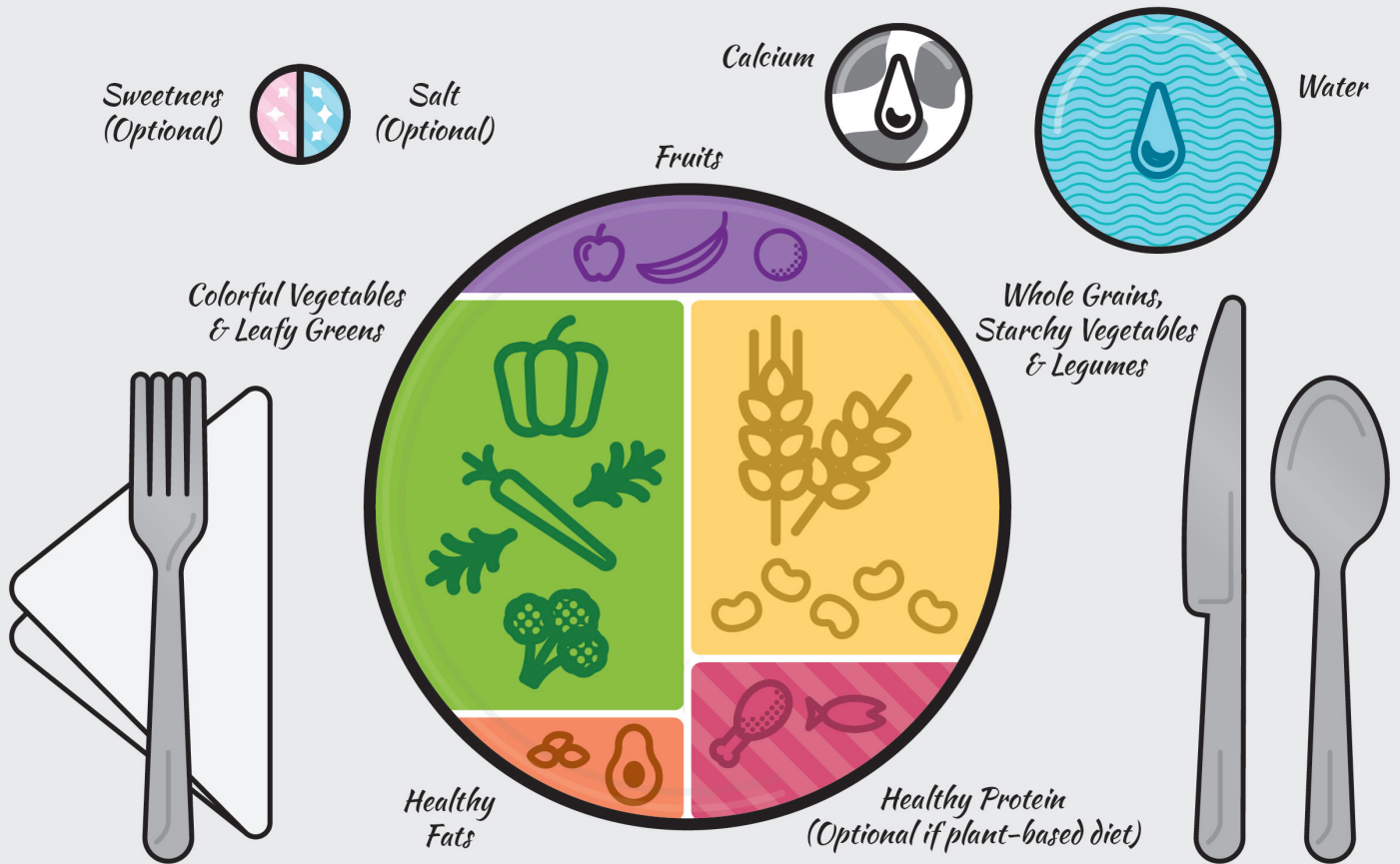


# Our HEALing Plate



## Colorful Vegetables & Leafy Greens

Broccoli, carrots, asparagus, cauliflower, cabbage, kale, spinach, boy choy, swiss chard, peppers, mushrooms, tomatoes, summer squash, onions, brussels sprouts, dark green or red leafy greens, etc.

*At least 3 cups daily (for adults)*



## Whole Grains, Starchy Vegetables & Legumes

Brown or wild rice, whole wheat bread, oats, quinoa, barley, whole grain pasta, popcorn, sweet potatoes, green peas, winter squash.

Starchy beans such as: kidney, garbanzo, lentils, black, soy, split peas, tofu, and tempeh, etc.

*Several servings daily. (If plant-based diet, ensure 3 servings of starchy beans or other plant protein daily).*



## Healthy Fats

Nuts, seeds, avocados, olives. Some may prefer to limit oils.

*2-3 servings daily*



## Fruits

Berries, melons, apples, grapes, oranges, grapefruit, pears, cherries, plums, bananas, etc.

*2 cups daily (for adults)*



## Drinks

Choose water as your main drink. Unsweetened Tea or Coffee are also healthier choices

*64 ounces daily*



## Calcium

To meet calcium needs a non-dairy fortified milk may be chosen (for plant-based diet), 1% or skim milk, or yogurt. (if not plant-based diet).

*1,000-2,000mg daily*



## Healthy Protein

*(Optional if plant-based diet)*

White meat poultry, eggs, or fish. *Rarely red or processed meat.*

*up to 7 ounces total*



## Sweeteners & Salt

*(Optional)*

Use fruit, honey, herbs or other whole-food flavorings.

Avoid high-sodium and high-sugar ingredients.