

LET'S GET STARTED

Your health soars when you eat in a balanced way! You will reach peak health and your children will thrive and grow to their fullest potential when provided a nutrient rich diet that is bursting with variety. We need over 50 nutrients a day but the standard American diet of today leaves many gaps in nutrition that impair health. But with a little planning and persistence, you can ensure your diet makes the cut!

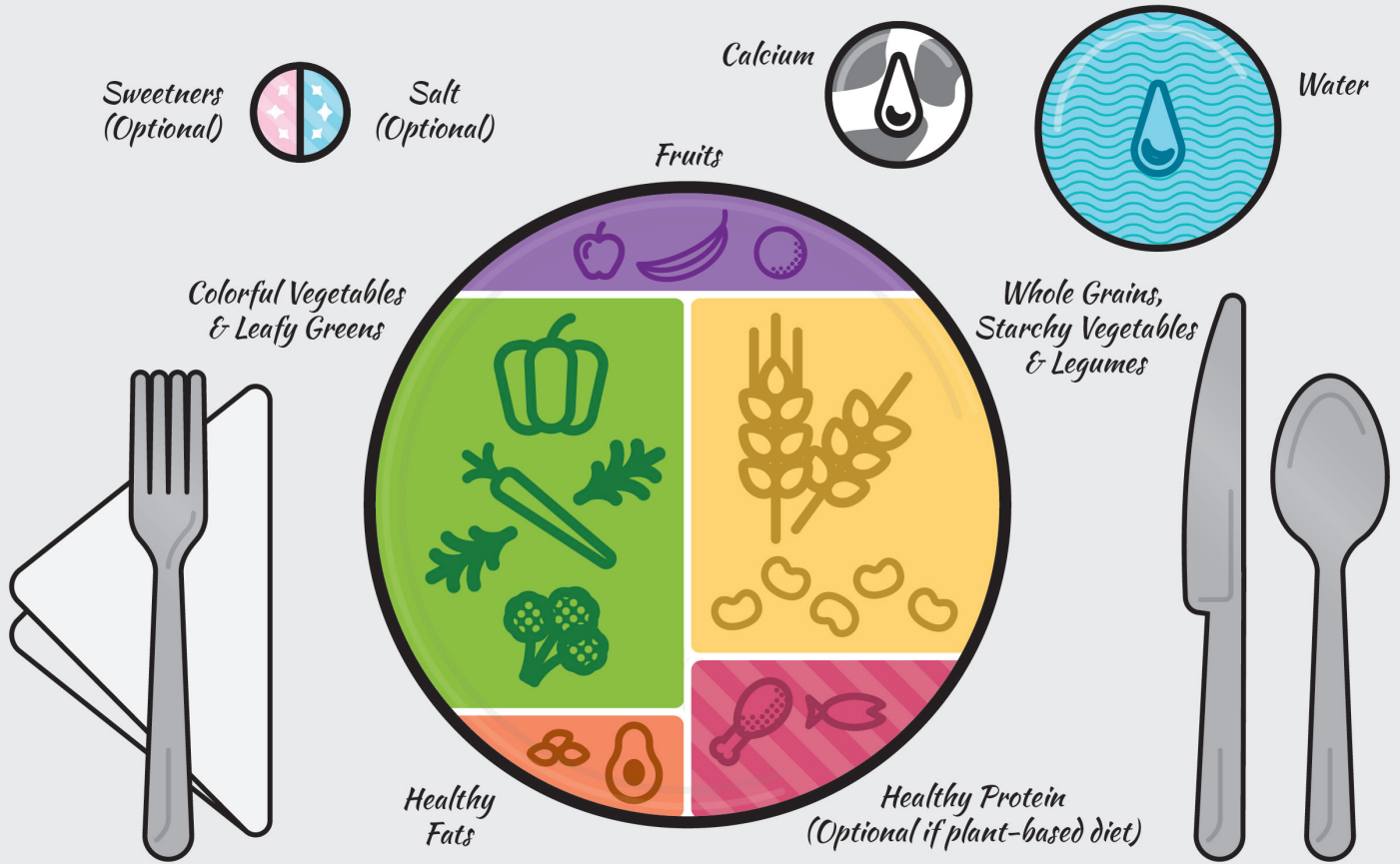
In this section, you will see our balanced meal plate. Consider the food groups or nutrients in which you may be lacking. You'll notice this plate graphic emphasizes larger amounts of 'plant' food such as vegetables, fruits, whole grains, and starchy beans. It minimizes meat and dairy which upholds some of the newer thinking and current advice for staying disease free. For those readers who do eat meat and dairy products, we will help you to choose the healthiest and leanest choices in those 2 food groups.

Understanding basic portion sizes is essential to attaining a healthy diet and weight. Equally important is the practice of mindful eating which helps you to slow down and take in the right amount of food. Check out our portion tips to learn strategies for balanced and mindful eating.

As we get cooking in this section, we pay homage to a variety of wholesome soups, which provide another terrific way to get more vegetables in your diet! While soups in generations past were laden with heavy creams and fatty meats, today's soups are lightened up for good health and total deliciousness! By gaining skills in soup-making, you can avoid store-bought soups which may come with a lot of unwanted sodium and additives. We hope you enjoy these fresh soup recipes and their benefits!



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

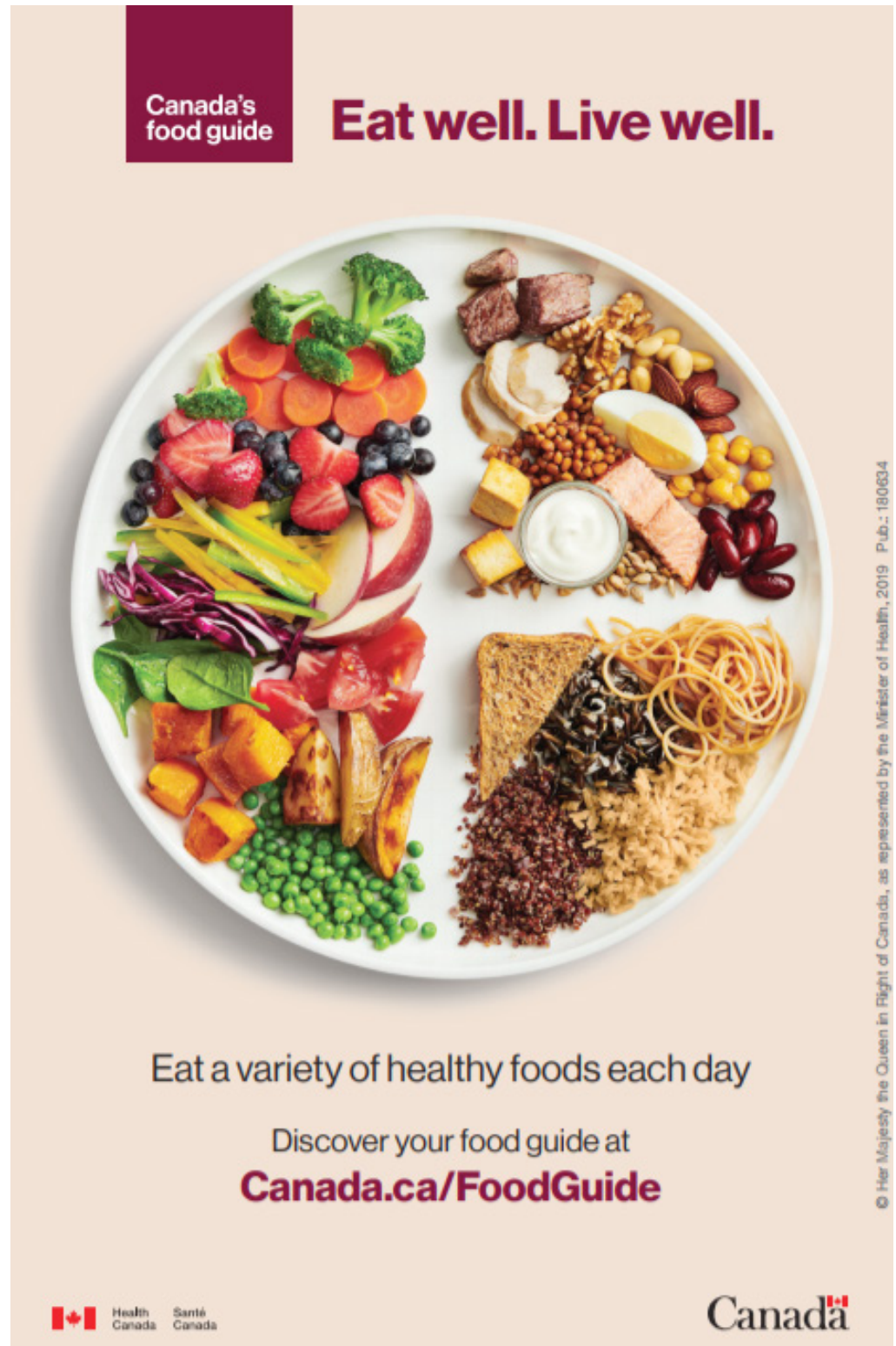
(Optional)

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

Avoid high-sodium and high-sugar ingredients.

Our Neighbors to the North – Canada’s New Food Guide

Here is a picture of Canada’s New Food Guide (2019). The picture helps illustrate the message for “Our Healing Plate”. Canada changed their food guide to represent a more veggie and plant food dense diet as ‘they needed to follow the evidence’ for health. Hopefully there will be an updated version of ‘Choose My Plate’ soon!



Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Discover your food guide at
Canada.ca/FoodGuide

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Canada

Health Canada Santé Canada

Moving Toward Healthier Eating

Making healthier choices for most is a ‘work in progress’! Many of us will never swing to a perfect diet overnight, but rather we will take small steps to change our eating up over time. As we move away from the typical U.S. diet that causes great harm to our health, laden with saturated fat from fatty meat and dairy, refined and sugary carbs, and foods loaded with sodium, what are we to eat? Check out this chart to see healthy eating over the ‘spectrum’ and see if you can begin to incorporate better choices. Start scaling that mountain for robust health! You will feel terrific and save your health!

<u>What You Used to Eat</u>	<u>Give these meals a try!</u>	<u>And substitute out more Meatless Meals!</u>
Cheeseburger & fries	→ Grilled chicken sandwich & side salad	+ Black bean burger on whole wheat bun & salad
Beef tacos with cheese	→ Chicken tacos with pico de gallo	+ Pinto or black bean tacos with avocado & pico
Chicken fettucine alfredo & breadsticks	→ Whole wheat pasta primavera with chicken & salad	+ Whole wheat pasta with red sauce, peppers, mushrooms, onions & chickpeas with salad
Bologna & cheese sandwich on white bread & chips	→ Grilled chicken breast on whole wheat bread with swiss cheese, mustard and baked chips	+ Veggie sandwich with whole wheat bread, with avocado, cucumbers, spinach, tomatoes, onions & peppers with side of raw veggies & hummus
Chicken tenders & onion rings	→ Broiled fish with steamed broccoli	+ Mediterranean quinoa salad with vinaigrette
Steak, potatoes & corn	→ Salmon, brown rice & asparagus	+ Red beans & brown rice with mango salsa
Meat lovers pan pizza	→ Veggie lovers on hand tossed crust	+ Veggie pizza on thin crust with light or no cheese
Bacon, eggs, potatoes & white toast	→ Egg whites, fruit & whole wheat toast	+ Steel cut oats with blueberries & walnuts

Are you up for the challenge? Now that you know that eating a plant strong diet offers the most disease protection, where will you begin? Will you try “Meatless Monday’s”? Could you consider trying 2-3 new plant based dinner recipes each week? Maybe you are ready to eat plant based for all your work lunch meals? Some might be ready to jump all in! Set realistic goals! Your health will soar the more plant forward you eat!



Portion Sizes & Tips to Balancing a Healthy Weight

A “HANDY” GUIDE TO PORTION SIZES

When plating your meal, first give yourself a serving of non-starchy vegetables about the size of your hand when it is open. Then, add a protein (fish, meat, or beans) that is about the size of your palm. Finally, add a portion of whole grains or starchy vegetables about the size of your fist and finish with a piece of fruit.

HEALTHY EATING TIPS

USE SMALLER PLATES AND BOWLS. By switching out a 12-inch dinner plate with one that is 8-9 inches, you will be more likely to feel fuller with less food, especially if you tend to eat until your plate is empty.

USE THE VOLUMETRIC EATING PRINCIPLE. Start your meal off with a big salad, or a bowl of broth based soup loaded with non-starchy vegetables or even a glass of low sodium tomato juice. You will begin to feel full and eat less of your main meal. More fiber, water, and volume in the diet is the key as you swap calorie dense foods for low-calorie nutrient dense ones. Voila! Better weight control is yours.

ENJOY TREATS FROM TIME TO TIME. There are many “big” taste foods (desserts, chips, fries) that give pleasure. We don’t recommend forbidding these; rather put “fun” foods or celebratory foods in your diet without guilt. Just eat a small amount of them (about 10% of your diet) and better yet, consider choices that are made with nutrient-dense fruits and vegetables such as healthy fruit crisps, baked sweet potato fries, pumpkin muffins, blue corn tortilla chips, dark chocolate, and whole fruit pops.

TURN OFF THE TV. When you eat in front of the TV, your mind is distracted away from enjoying your meal. Since your body may not notice the signs that you are full, you may still feel hungry after you eat. This in turn, may cause you to overeat or reach for unhealthy snacks to feel fuller.

SLOW DOWN. Savoring each bite of food helps you enjoy the taste of the meal. Try slowing down while you eat, and see how long you can savor the taste of each bite before taking another. This may open your eyes to new flavors, and also gives your brain time to recognize when your stomach is full.

SET UP YOUR ENVIRONMENT TO SUCCEED. Keep pre-cut veggies readily available in your refrigerator. Studies show people eat 230% more veggies! At meal times, pre-plate your food and put any extra food in the fridge. You won’t be tempted to refill your plate if that big serving platter is out of your sight. Do keep the salad or veggies on the table in case anyone wants seconds!