

Build a Balanced Plate

One plate, three sections, zero counting.

You don't need to weigh food or track numbers to eat well. At most meals, let your plate do the work with three simple sections.

● The plate method

- Half the plate: vegetables and fruit. Fresh, frozen, and canned all count. Aim for colour and variety.
- One quarter: whole grains and starches. Brown rice, oats, whole grain bread or pasta, potatoes, corn.
- One quarter: protein foods. Chicken, fish, eggs, beans, lentils, tofu, yogurt, lower fat cheese.

● Round it out

- Make water your default drink through the day.
- Add a small amount of healthy fat: olive oil, avocado, nuts, seeds.
- Hungry between meals? Pair a carbohydrate with a protein, like apple and peanut butter, or yogurt and berries.

● Keep it realistic

- Balance shows up over days and weeks, not in any single meal.
- All foods can fit. Favourites belong in a healthy pattern too.
- Start with one meal a day using this method and build from there.