

# Build a Balanced Plate

The following formula provides a template that can be used to assemble a balanced, filling & satisfying meal or snack. Aim to incorporate most components at your meals, and 2-3 components at a snack. Work with your dietitian to build up a meal/snack repertoire, incorporate these components into mixed meals, add fun foods & adjust for your unique lifestyle/activity level!

## PROTEIN 1/4 plate



- Aim for protein at each meal and snack for optimal muscle synthesis
- Fullness between meals
- Get it from:

- **Plant-based sources**

Soy (edamame, tofu, tempeh), nuts & seeds, hemp hearts, pulses, seitan, quinoa, plant protein powders (soy, pea)

- **Animal sources**

Eggs, yogurt (Greek, Skyr), meat, poultry & fish



## COLOUR 1/2 plate

- Packed with fiber, water, vitamins, minerals & antioxidants
- Get it from:

- **Vegetables:** Leafy greens (spinach, arugula, kale), cruciferous (cabbage, broccoli, Brussels, cauliflower), edible stems (celery, asparagus), allium family (onion, garlic) starchy veggies, etc.
- **Fruit:** Berries (blue, black, raspberries & strawberries), stone fruit (peaches, plums, nectarines), citrus (limes/lemons, clementines, oranges, grapefruit), tropical (mangoes, bananas), apples, pears, etc.
- **Fungi:** White button, cremini, portobello, shiitake, oyster & enoki mushrooms

## STARCH/WHOLE GRAIN 1/4 plate



- Provides energy & fiber
- Get it from:
  - **Bread**  
Whole grain, sprouted grain
  - **Whole grains**  
Barley, oats, cornmeal, brown rice, popcorn
  - **Pulses**  
Beans, peas, lentils  
*\*Provide starch & protein*
  - Seeds
  - **Starchy vegetables**  
White & sweet potatoes, yams, pumpkin, squash



## FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
  - Higher fat dairy (2-3% MF)
  - Nut/seed butters, oils
  - Chia & ground flax seed
  - Avocado
  - Canned fish
  - Eggs

