**Healthy plate**

**Protein**
- Dry Beans and Nuts
- Fish & Seafood
- Poultry
- Meat

**Vegetable**
- Squash
- Turnip
- Cauliflower
- Scallions
- Eggplant
- Broccoli
- Mushrooms
- Lettuce
- Carrots
- Cucumbers
- Onions
- Peppers
- Corn
- Potatoes
- Peas

**Fruit**
- 2 per day

**Calcium foods**
- 3 per day

**Starchy Vegetable or Whole grains**
- Potatoes
- Oatmeal
- Brown Rice
- Whole grains: quinoa, barley

**Healthy fat with every meal**
- Olive Oil
- Fish Oil
- Cold-expeller-pressed plant oils
  - Such as grapeseed, walnut, sesame
- Avocado
- Nuts & Seeds
  - Olives
  - Coconut

**Water**
- At least 5 glasses per day