

Healthy plate

Water

At least 5 glasses per day



Protein

Dry Beans and Nuts



Fish & Seafood



Poultry



Meat



Vegetable

Squash



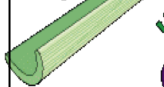
Turnip



Cauliflower



Celery



Radishes



Beet



Mushrooms



Lettuce



Cucumbers



Broccoli



Carrots



Onion



Pepper



Corn



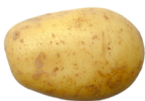
Potatoes



Peas



Starchy Vegetable or Whole grains



Potatoes



Oatmeal



Brown Rice



Whole grains: quinoa, barley

Fruit

2 per day



Healthy fat with every meal

Healthy Fats

Olive Oil



Fish Oil



Cold-exPELLER-pressed plant oils

Such as grapeseed, walnut, sesame



Avocados



Nuts & Seeds



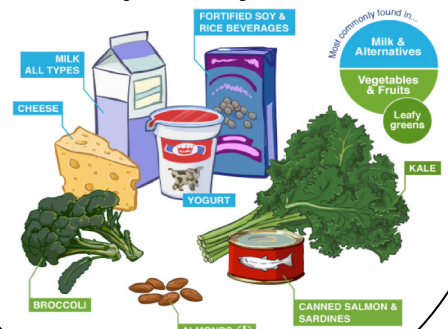
Olives



Coconut

Calcium foods

3 per day



Milk & Alternatives

Vegetables & Fruits

Leafy greens

KALE

CANNED SALMON & SARDINES

ALMONDS (1)

BROCCOLI

YOGURT

CHEESE

FORTIFIED SOY & RICE BEVERAGES

MILK ALL TYPES