

Making a Balanced Plate

Non-Starchy Vegetables

Arugula	Chayote
Asparagus	Collard greens
Bamboo shoots	Cucumber
Bean sprouts	Eggplant
Bell pepper	Jalapeño
Bok choy	Jicama
Broccoli	Kale
Brussels sprouts	Lettuce
Cabbage	Mushroom
Cactus	Radishes
Carrots	Spinach
Cauliflower	Tomato
Celery	Zucchini

Carbohydrates* 1 Portion = about 15 Carbohydrates

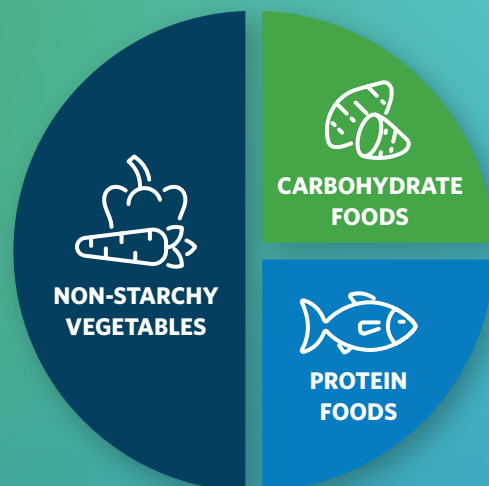
Apple (1 small)	Beans (about 1/3 cup cooked)
Banana (1/2 large)	Edamame (1 cup cooked)
Black or blueberries (3/4 cup)	Lentils (1/2 cup cooked)
Cherries (about 15)	Bagel (1/4 bagel)
Grapes (15)	Bread (1 slice)
Mango (1/2 cup)	Noodles 1/3 cup cooked)
Melon (1 cup)	Oatmeal (1/2 cup cooked)
Orange (1 medium)	Pasta (1/3 cup cooked)
Peach (1 medium)	Pita bread (1/2 of a 6-inch pita)
Raspberries (1 cup)	Rice (1/3 cup cooked)
Strawberries (1 1/4 cup)	Tortilla (1 six-inch tortilla)
Corn (1/2 cup)	Milk (1 cup)
Peas (1/2 cup)	
Potato (1/2 cup)	

Lean Protein

Chicken	Tofu
Cottage cheese	Tuna
Eggs/egg whites	Turkey
Salmon	Shrimp
Tilapia	Yogurt (low- or zero-sugar)

Healthy Fats

Avocado	Seeds
Nut butters	Olive oil
Nuts	Avocado oil



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Recommendations for carbohydrate amounts vary. Check with a Registered Dietitian to determine the right portion size for you.