

HOW TO BUILD A HEALTHY PLATE

START WITH PROTEIN AND PLANTS (FRUIT AND VEG)

Start with a palm-sized portion of protein and a fist-sized portion of veggies. Protein, fruits and veggies should be the base of every meal.



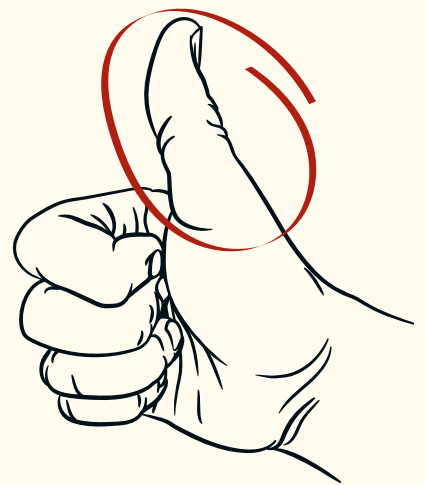
ADD A CUPPED HANDFUL OF CARBOHYDRATES



That might look like a piece of bread, a cupped handful of rice or pasta, potatoes or fruit.

ADD A THUMB-SIZED PORTION OF FATS

It can be easy to go overboard with fat. Aim for one to two thumb-sized portions of cooking oils, fatty sauces and spreads, nut butters and other dense fat sources.

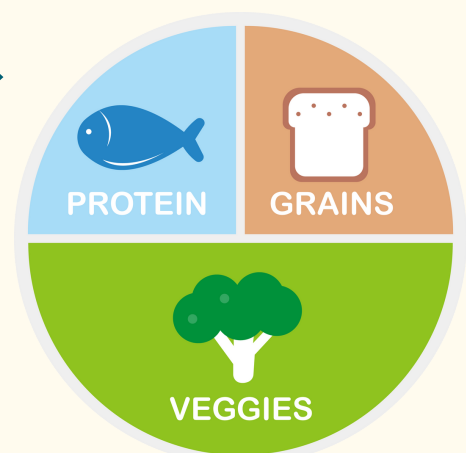


MAKE IT COLOURFUL

You can help make sure you get all the nutrients you need by including colour in every meal.

CREATE A HEALTHY PLATE

Your plate can be half veggies, a quarter protein, a quarter carbs, and a sprinkle of fats.



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