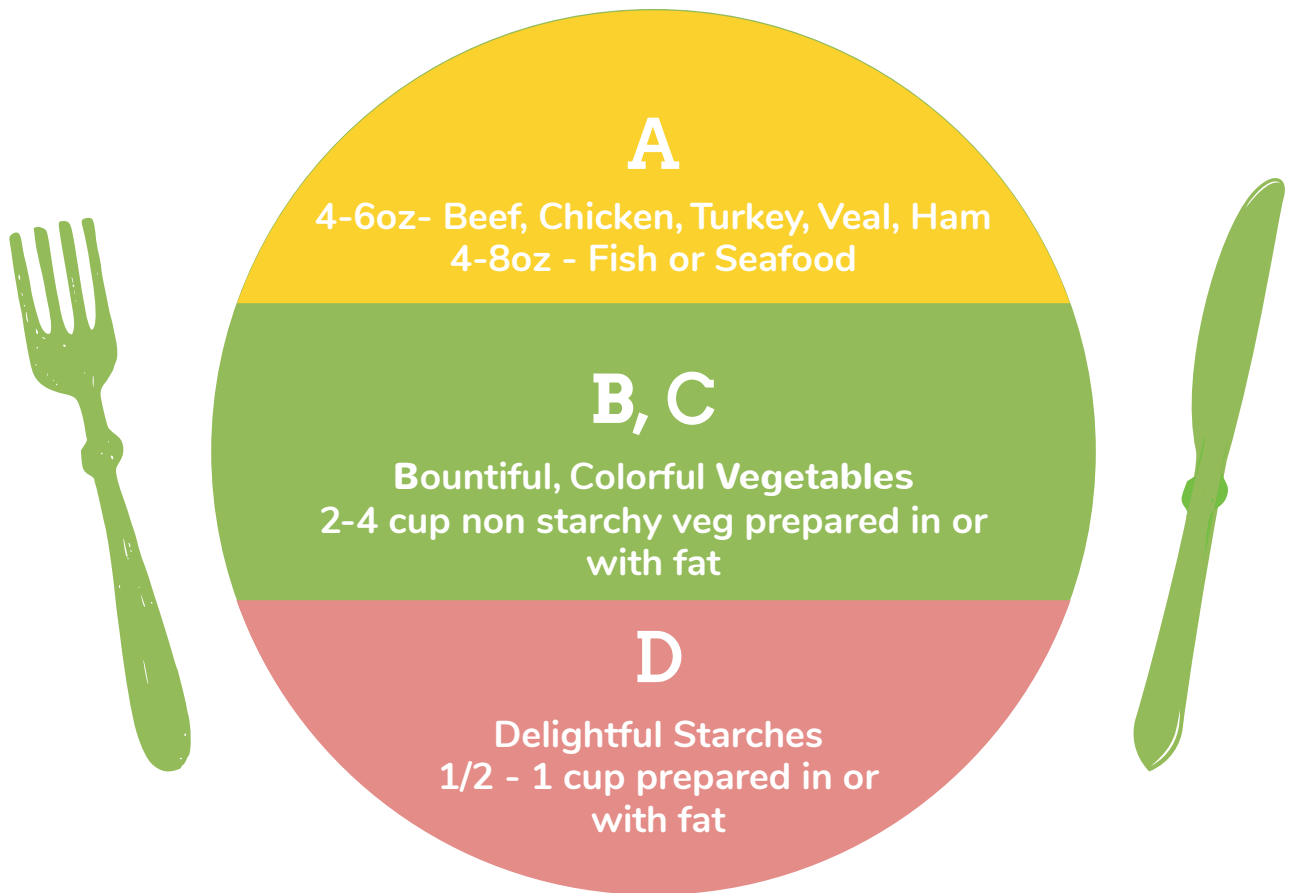


Building Your *Forever* Plate



Building Your *Forever* Plate

- A Quarter of your Plate **Adequate Protein** (such as chicken, lean meat, fish etc.)
- Half of your Plate **Bountiful, Colorful Veggies** (such as broccoli, lettuce, peppers)
- A Quarter of your Plate **Delightful Starches** (such as potatoes, oatmeal)

Additions to your Plate

- **Fantastic Fat** healthy fats (olive oil, nuts, seeds)
- (Optional) A side of Fruit (apple, banana, berries)
- (Optional) Dairy (yogurt, milk)

A**Appropriate Protein**

6oz Meats / 8oz Fish and Seafood

Lean Fish & Seafood

- Anchovy
- Bass
- Catfish
- Cod
- Haddock
- Halibut
- Monk Fish
- Redfish
- Red Snapper
- Sea Bass
- Smelt
- Swordfish
- Sole
- Trout
- Tuna
- Clams
- Crab
- Crawfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp
- Squid

Lean Meats

- Ground Beef
- Flank Steak
- Liver
- Shank Steak
- Tenderloin
- Rib Eye
- Roast Beef
- Rump Steak
- Ham
- Tenderloin
- Chicken (skinless)
- Turkey
- Eggs

B, C**Bountiful, Colorful Vegetables**

- Arugula
- Asparagus
- Avocado
- Bok Choy
- Butter Lettuce
- Celery
- Chicory
- Collard Greens
- Eggplant
- Endive
- Field Greens
- Iceberg Lettuce
- Kale
- Mesclun Lettuce
- Mushrooms
- Portobellos
- Radish
- Rapini
- Romaine Lettuce
- Spinach
- Swiss Chard
- Tomato
- Turnip
- Yellow Squash
- Watercress
- Zucchini

- Artichoke
- Beets
- Broccoli
- Broccolini
- Brussel sprouts
- Cabbage (all)
- Carrots
- Cauli lower
- Cucumbers
- Fennel
- Green Beans
- Heart of Palms
- Hot Peppers
- Jicama Sticks
- Kohlrabi
- Okra
- Olives (20)
- Onions
- Peppers
- Radicchio
- Rhubarb
- Rutabagas
- Snap Peas
- Snow Peas
- Sprouts (all)

D**Delightful Starches**

- Barley
- Brown Rice
- Brown Rice pasta
- Cereal
- Corn
- Granola

- Oatmeal
- Sweet potatoes
- Potatoes
- Wheat bread
- Whole wheat pasta
- Wild rice

Fantastic Fat

- Almonds
- Avocado
- Avocado Oil
- Bacon
- Butter
- Cream

- Coconut Oil
- Flaxseed Oil
- Olive Oil
- Other Nuts
- Peanuts
- Peanut Butter

- Salad Dressing
- Sesame Oil
- Sour Cream
- Sunflower Oil