

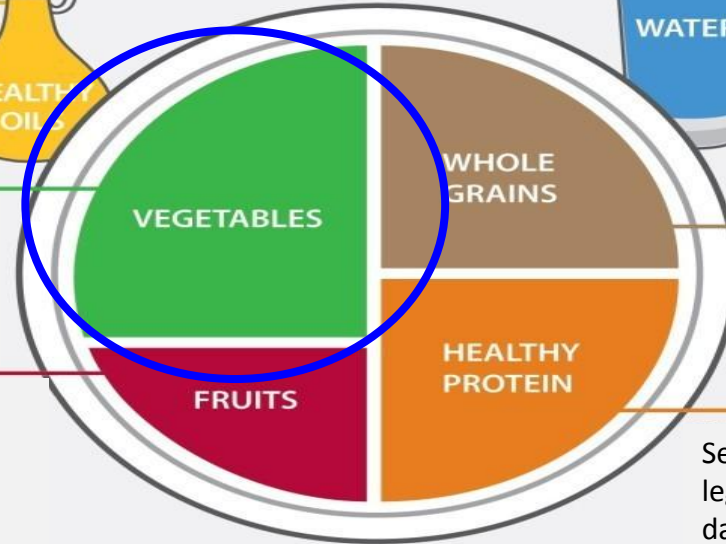
# HEALTHY EATING PLATE

Olive, coconut, avocado, flax, butter, ghee, sesame



Aim for leafy greens, color + variety, including herbs (non starchy vegetables)

Berries, citrus, seasonal fruit, or add more vegetables



Aim for half your body weight in oz/day, including tea. Before adding additional beverages

And starches: rice, quinoa, millet, oats, potato, squash, root veggies, traditional bread

Seafood, poultry, meat, eggs, legumes, nuts, seeds, some dairy

*Eat mindfully: Sit down while eating, breathe before eating and in between bites. Chew well, eat slowly, savor, and stop just shy of feeling full. Give thanks.*