The Well-Proportioned Plate

A simple way to build a balanced meal is to picture your plate in sections. As a loose guide (not a strict rule), aim for roughly 30% fat, 30% protein and 40% carbohydrates, with about 30% from vegetables and 10% from starchy carbs or fruit. These lists aren't complete, just common favorites!

IT'S NOT ABOUT PERFECTION

Many factors affect a food's nutrient content: sourcing, environment, preparation and diet. It's about estimation, not perfection. So... relax! It's perfectly okay if these ratios aren't exact.

Fat: *1-2 Tablespoons*

- Avocado
- Extra Virgin Olive Oil
- Whole Olives
- Nuts and Seeds
- Coconut oil or butter
- Nut butter
- Butter, Ghee or Cream
- Egg yolk
- Fat from fattier cuts of protein



Protein: *3-5 oz., or a palm-sized portion*

- Wild-caught fish or shellfish
- Beef
- Chicken, Turkey, Duck
- Lamb
- Offal
- Cottage Cheese
- Egg White
- Legumes*
- Lentils*

**will also contribute to Starchy Carb intake*

Veggies, Fruits, & Starchy Carbs:

Fill the rest of your plate with a mix of non-starchy and starchy carbs

VEGGIES

- Leafy Greens
- Cruciferous Vegetables
- Onions, Garlic, Shallots, Leeks
- Mushrooms
- Spaghetti Squash
- Green and Yellow Squash
- Zucchini
- Fresh Herbs
- Peppers
- Eggplant
- Radishes
- Green Beans
- Turnips
- Okra

STARCHY CARBS

- Winter Squashes
- Pumpkin
- White, Brown and Wild Rice
- Quinoa
- Oats
- Wheat and Buckwheat
- Corn
- All varieties of potatoes
- Parsnips
- Carrots
- Beets
- Chickpeas
- Lentils*
- Other Legumes*

**will also contribute to Protein intake*

FRUIT

- Apples
- Citrus Fruits
- Grapes
- Bananas
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Pears
- Stone fruits
- Plantain
- Tomatoes
- Kiwi
- Pomegranate

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Anna Thompson, NTP · Root and Remedy Nutrition · rootandremedynutrition.com

For general education only; not medical advice. Talk with your healthcare provider before making changes, especially if you have a medical condition or take medication.