



Creative Juices
Consulting



<http://www.integrativenutrition.com/glossary/plate>

Adapted from the USDA's MyPlate nutrition guidelines with emphasis on:

- Local Organic Produce
- Whole Grains
- High quality Proteins (grass fed meats)
- Plant-based fats
- Lots of water
- Quality & quantity are key
- Adaptable to YOUR specific needs

Fruits

- In season
- Fresh and local produce when possible
- Eat a Rainbow
- Great Snacks

Vegetables

- In Season
- Fresh and local produce when possible
- Fill your plate
- Eat a Rainbow
- Lots of dark leafy greens as much as possible.
- Follow the Dirty Dozen for Organic choices

Whole Grains

- Avoid refined grains like white bread, white rice, and white flour products.

Protein

- Beans, nuts, eggs, fish, and poultry.
- Limit red meat.
- When consuming red meat, choose grass-fed and organic
- Avoid processed meats like bacon and cold cuts.

Fats and Oils

- Use plant-based oils like olive oil and Grape seed oil
- Eat Wild fish
- Eat avocados, nuts, and seeds.
- Limit intake of saturated fats like coconut, butter, cream, and cheese
- Avoid trans fats.

Water & Drinks

- Make water your drink of choice
- Limit caffeinated drinks
- Avoid sugary drinks
- Avoid artificially sweetened drinks or soda
- If you drink dairy, choose whole milk free of added hormones and buy local, organic when possible.

Primary Food

To complete the picture, the plate is surrounded with lifestyle factors that create optimal health – relationships, career, physical activity, and spirituality. We call these elements primary food because they're often more important than the food that's on your plate

- **Relationships:** Being well connected with others is an essential part of life, and the quality of our relationships explains a lot about the quality of our health.
- **Career:** Work is a huge part of our daily routine, yet how many of us really enjoy it? Finding work you love is essential to living a healthy, balanced life.
- **Physical Activity:** Our bodies thrive on movement, and quickly degenerate without it. Find a routine that can nourish you on a regular basis.
- **Spirituality:** Spirituality can feed us on a very deep level and dramatically diminish our cravings for superficial rewards of life.