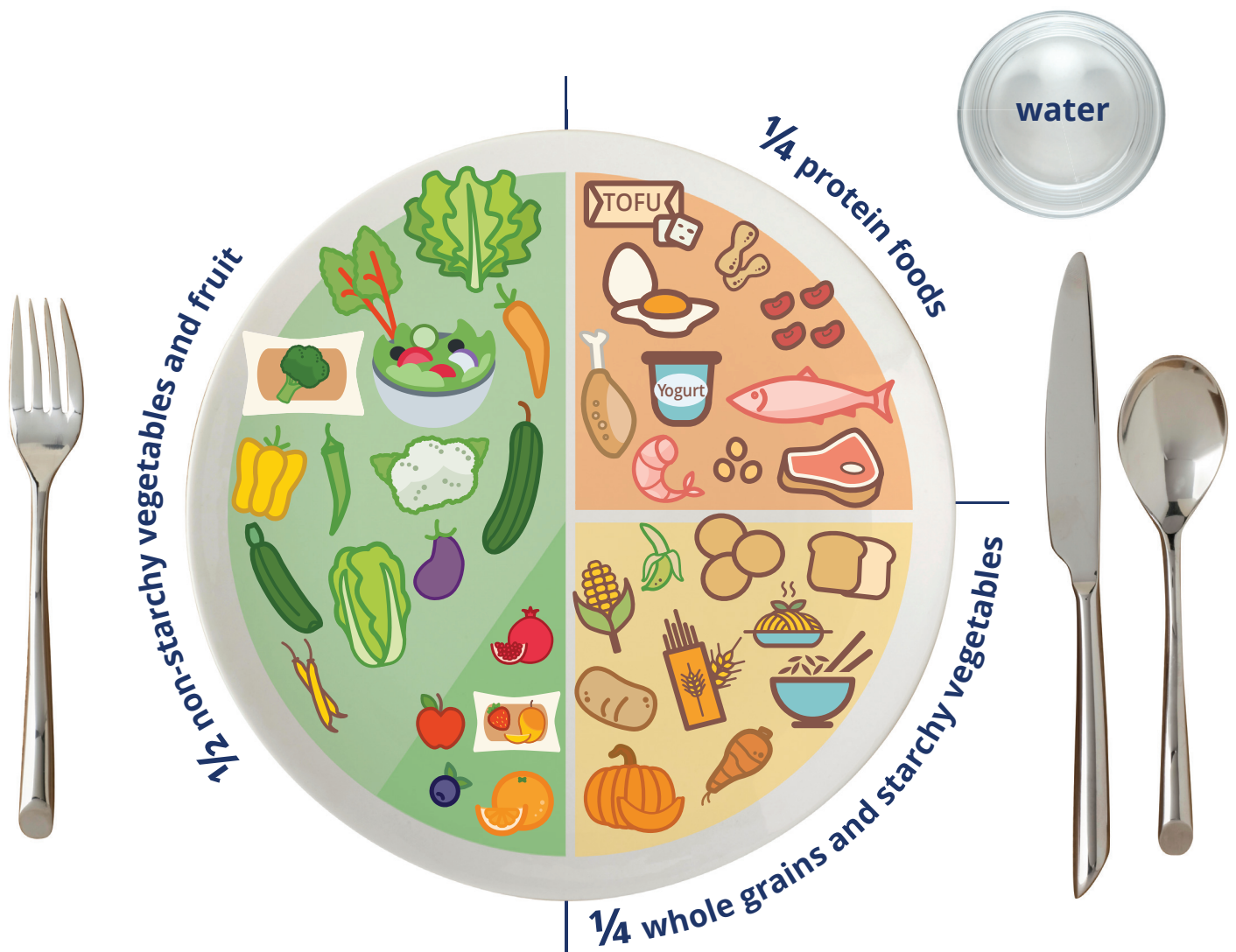


The Balanced Food Plate



Use the balanced plate approach to make your meals

Using the balanced plate approach applies to all mealtimes, even if you use a bowl! The balanced plate is designed to help you meet your nutrient needs and manage your blood sugar. All foods can fit in the balanced plate approach, it's the portions of each type of food that matter the most.

Here are some examples of meals that follow the plate model:

Breakfast:

- 3/4 cup low-fat plain Greek yogurt + 1 cup strawberries + 1 cup high-fibre wheat cereal
- 1 cup old fashioned oatmeal + 1/4 cup almonds + 3/4 cup frozen blueberries

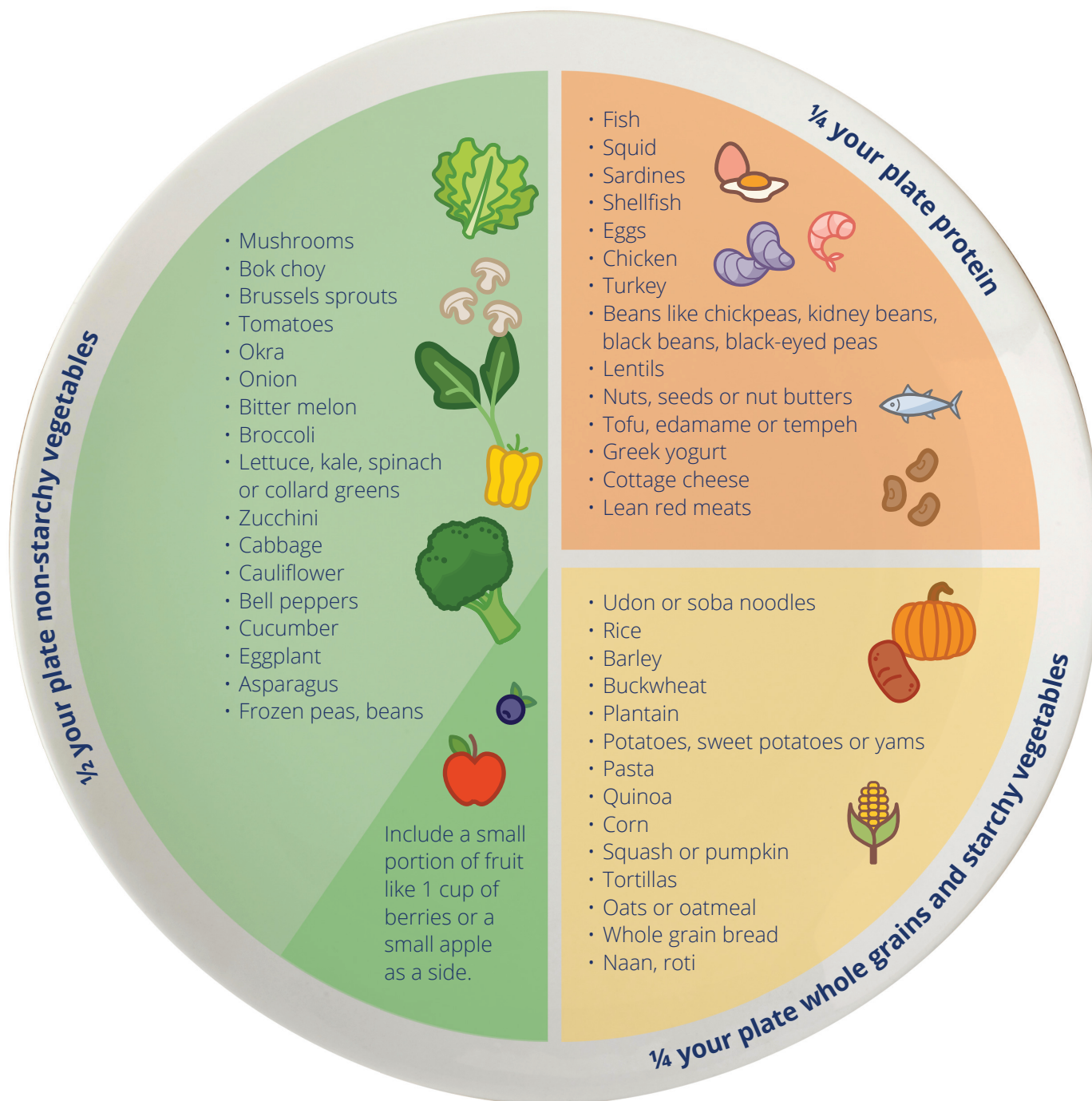
Lunch:

- 2 cups lentil soup + 1 cup cut up vegetables + 1 whole grain bun + 1 cup milk
- 2 slices whole grain bread + 3/4 cup chicken salad + 2 cups salad + 1 orange

Dinner:

- 2 whole grain roti + 1 cup chicken curry + 2 cups cooked vegetables + 1 apple
- 1 1/2 cups whole grain pasta + 1 cup meat sauce + 2 cups sauteed vegetables

The balanced plate model includes:



It's natural to have questions about the food you eat.

A registered dietitian can help you learn about nutrition and answer questions about how to include your favourite foods in a healthy way.