

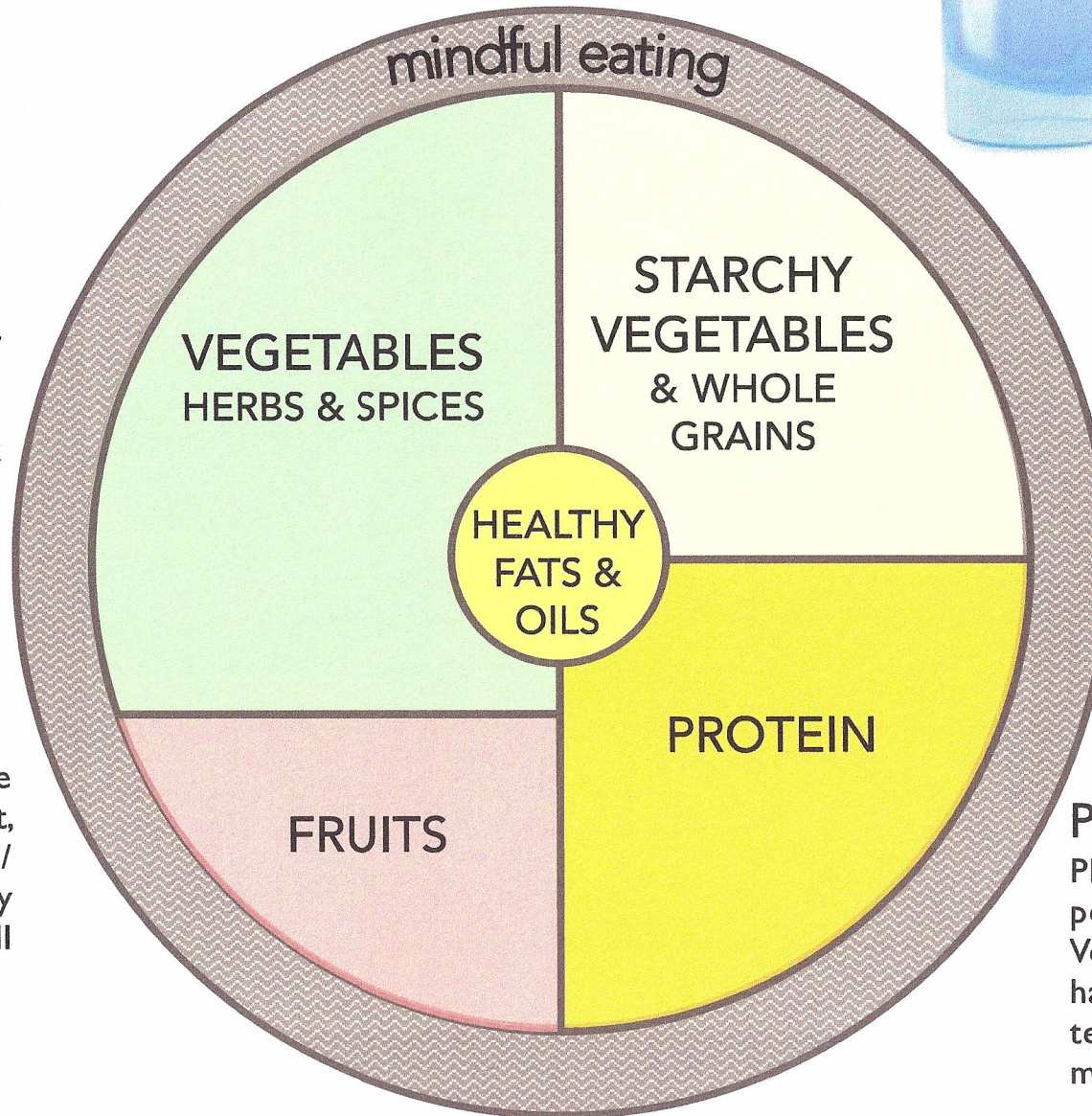
My Food As Medicine Plate

Vegetables & Fruits

Make half your plate non-starchy vegetables and some whole fruits. Fill your plate with a rainbow of colors and herbs & spices to get the full spectrum of phytonutrients. Include raw, cooked and fermented varieties. Shop with the seasons and look for local sources.

Fats

Include healthy fats like avocados, olives, coconut, nuts, seeds, and cold/expeller pressed oils. Enjoy butter and ghee in small amounts.



Water & Beverages

Stay well hydrated with water and unsweetened beverages.

Starchy Vegetables & Whole Grains

Starchy vegetables like sweet potatoes, peas, & corn and whole grains like quinoa & barley provide texture and nutrients.

Protein

Plant sources include beans, peas, lentils, nuts and seeds. Vegetables and whole grains have varying amounts of protein. Animal sources include meat, poultry, fish, and dairy.