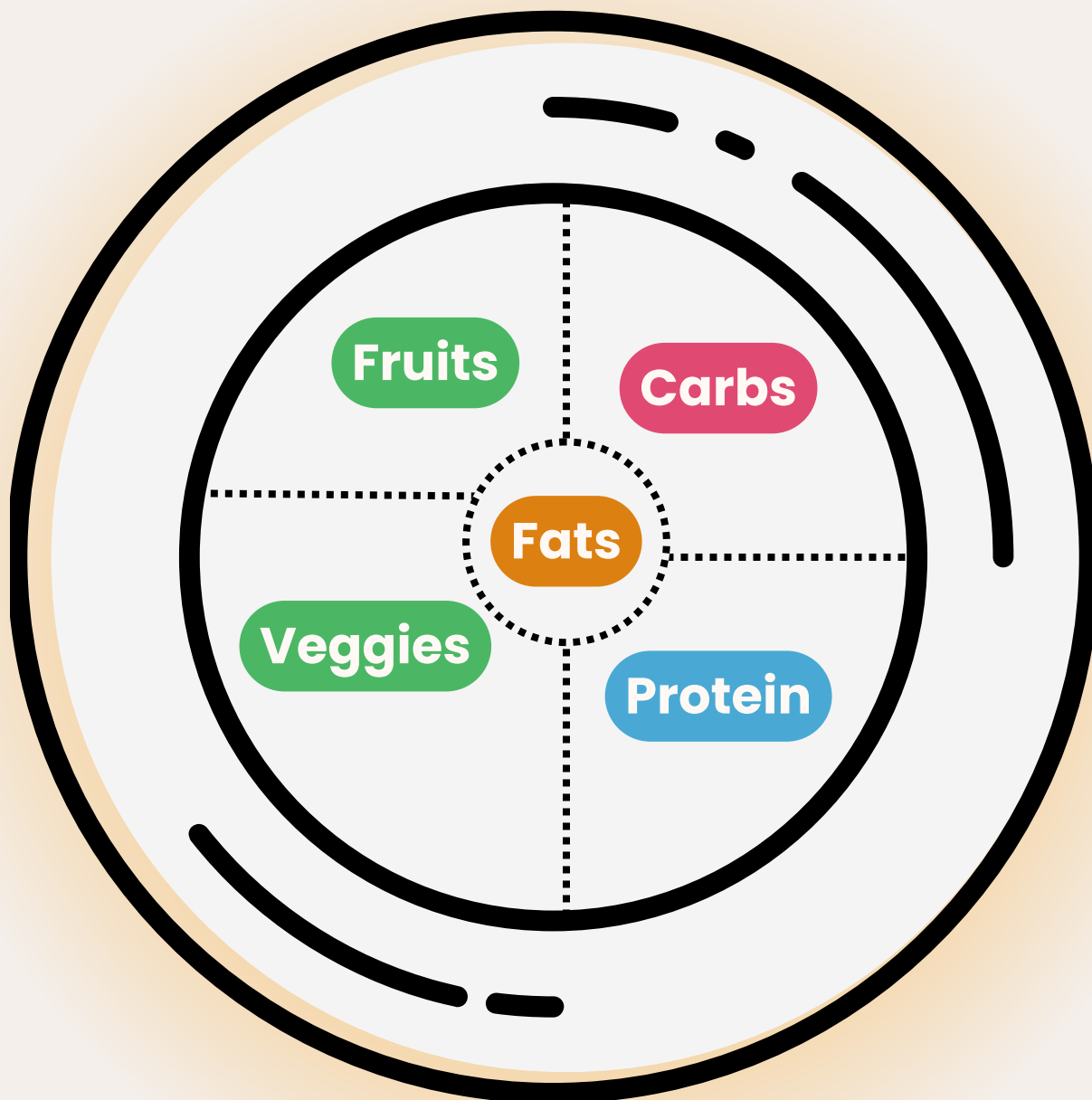


Balanced Plate Guide

A simple balanced plate is $\frac{1}{2}$ **plate** of fruits and veggies, $\frac{1}{4}$ **plate** of protein and carbs, with at least **one** nourishing fat source.



Build a Balanced Meal

Think of some of the foods you like to eat from each category and list them here. Refer back to this worksheet when you want to get back to the basics to build a balanced plate.

FRUITS

CARBS

PROTEINS

VEGGIES

FATS
