

THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



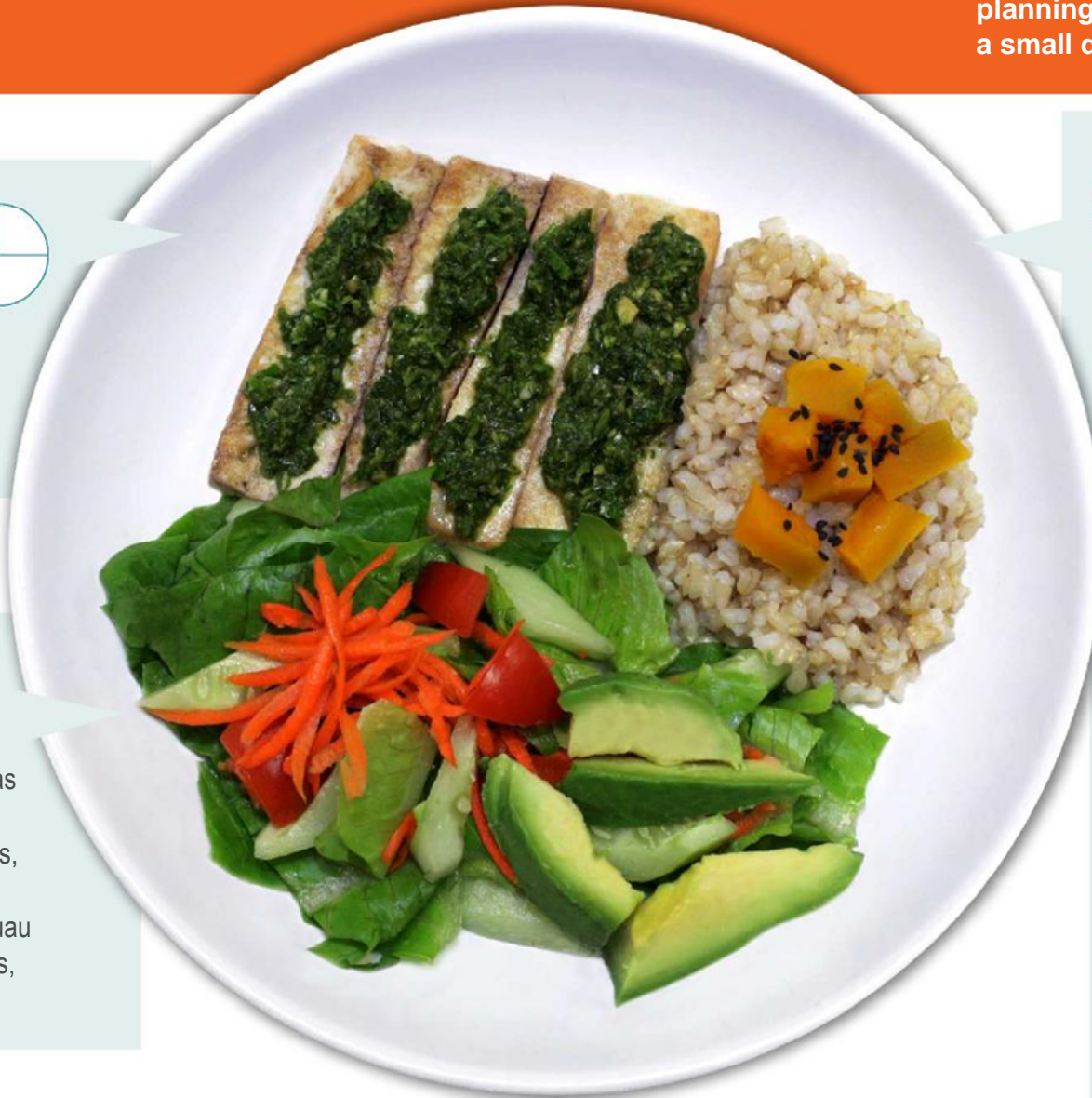
Fill half of your plate with non-starchy vegetables such as carrots, broccoli, Chinese cabbage, eggplant, greens, spinach, long beans, marungay, mushrooms, luau leaves, peppers, tomatoes, seaweed, or zucchini.



Fill one-quarter of your plate with whole grains or starchy vegetables such as barley, brown rice, corn, poi, taro (kalo), breadfruit (ulu), quinoa, whole-wheat pasta, sweet potatoes, pumpkin, whole grain bread, or corn tortillas.

For good nutrition also choose each day:

- 2-3 servings of fruit. A serving is a small orange, banana, or apple
- ½ medium papaya, ½ cup pineapple or 1 cup of berries, or melon
- 2 to 3 cups of a milk substitute, such as almond, hemp, oat, or soy
- A small amount of healthy fats, such as avocado, extra virgin olive or canola oil



Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Create your favorite combinations! Portions vary from person to person and can be adjusted based on your needs.

Breakfast

<ul style="list-style-type: none"> • 2 slices sprouted grain or 1 small whole wheat bagel with nut butter or cashew cheese • 1 cup diced melon 	<ul style="list-style-type: none"> • 1/4 cup scrambled soft tofu and 1 cup spinach • 1 sprouted-grain English muffin or 2 corn tortillas • 1/4 avocado • 1/2 cup mango
<ul style="list-style-type: none"> • 1 cup whole-grain cereal • 1/2 banana, 1/2 cup berries • 10 walnuts • 1 tbsp. ground flaxseed • 1 cup nondairy free milk 	<ul style="list-style-type: none"> • 2 slices sprouted grain or wheat toast and 2 tbsp. “natural” nut butter • 1 cup nondairy milk • 1/2 medium papaya
<ul style="list-style-type: none"> • 1 cup chia pudding and 1/2 cup diced fruit • 1/4 cup nuts • 1 tbsp. ground flaxseed 	<ul style="list-style-type: none"> • 2/3 cup brown rice • 1/2 cup beans • 1 cup cooked vegetables • 1/2 cup salsa • 1/2 cup avocado
<ul style="list-style-type: none"> • 2 slices sprouted grain or wheat toast • 1 cup berries • 1 cup nondairy milk 	<ul style="list-style-type: none"> • 1 cup oatmeal with 1 tbsp. pumpkin seeds and 2 tbsp. raisins • 1 cup nondairy milk

Snacks

<ul style="list-style-type: none"> • 1/2 cup baked sweet potato (uala) 	<ul style="list-style-type: none"> • Raw vegetables with hummus
<ul style="list-style-type: none"> • 2 tbsp. dried fruit or nuts 	<ul style="list-style-type: none"> • 1 1/2 oz. cashew cheese
<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Medium apple with 1–2 tbsp. “natural” peanut butter
<ul style="list-style-type: none"> • 3 cups air-popped or light microwave popcorn 	<ul style="list-style-type: none"> • Rye crackers with 1 1/2 oz. cashew or nut cheese
<ul style="list-style-type: none"> • 1/2 cup roasted garbanzo beans 	<ul style="list-style-type: none"> • Fresh non-starchy vegetables

Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> • 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1–2 tbsp. avocado, lettuce or spinach, tomato, and onion • Carrots or broccoli • 1 orange 	<ul style="list-style-type: none"> • 2 cups stir-fried vegetables with tofu or tempeh (sautéed with 1 tsp. olive oil and garlic) • 1 cup quinoa, yam, or whole-grain pasta
<ul style="list-style-type: none"> • 1 cup tofu poke with lomi tomato, onions, and fern shoots (ho’i’o or warabi) • 1 -1 1/2 cup poi or kalo or ulu • guava 	<ul style="list-style-type: none"> • 1 1/2 cups vegetarian chili or 3 bean salad • 2 tbsp. pumpkin seeds or avocado • 1 cup cabbage slaw with lime juice • 1/3 cantaloupe
<ul style="list-style-type: none"> • 3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun • Garden salad with avocado and 1–2 tbsp. oil and vinegar dressing • Diced peaches or pear 	<p>Chinese cuisine</p> <ul style="list-style-type: none"> • 1/2 -1 cup brown rice or quinoa • 1 cup-2 cups broccoli tofu (sautéed in broth) • 1 cup vegetarian hot-and-sour soup
<p>Watercress tofu salad</p> <ul style="list-style-type: none"> • Watercress, cubed tofu, diced tomatoes, sliced sweet onions, shoyu, and sesame sauce • Lychee • Pineapple 	<p>Indian cuisine</p> <ul style="list-style-type: none"> • 1 cup lentil soup (dal) or chickpeas (Chana Masala) • 1 whole-grain flatbread or basmati rice • 1 cup medley of vegetables with garam masala
<p>Vegetable Lau Lau or Luau</p> <ul style="list-style-type: none"> • Luau leaves with uala, carrots, shitake mushroom, gobo, or ulu • Grapes 	<p>Mexican cuisine</p> <ul style="list-style-type: none"> • 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes • Diced mango

Healthy meals start at the store. Use this shopping list to help you prepare.

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| <ul style="list-style-type: none"> ✓ Fruits—fresh, frozen, canned in their own juice, or dried ✓ Vegetables—fresh, frozen, or low-sodium canned ✓ Kimchee, sauerkraut, or other pickled vegetables ✓ Nondairy, unsweetened milk (fortified hemp, soy, oat, or almond) ✓ Unsweetened nondairy yogurt (soy or almond) ✓ “Natural” peanut or another nut butter | <ul style="list-style-type: none"> ✓ Whole beans (dried or low sodium canned), or lentils ✓ Hummus or bean spreads ✓ Tofu (silken, firm), tempeh, or natto ✓ Avocado, olives, or sun-dried tomatoes ✓ Whole grains and starchy vegetables — in addition to those listed on front page include oats, whole wheat tortillas (no hydrogenated oils), orange colored squash, corn, mixed vegetables, and popcorn (air popped) | <ul style="list-style-type: none"> ✓ Fats and oils, such as extra virgin olive, or avocado oils, nuts and nut butter, seeds (e.g. chia, flax, hemp, pumpkin, sesame, sunflower, or tahini) ✓ Frozen vegetarian entrées or vegan burritos and soups (keep some on hand for a quick meal) ✓ Seasonings — light soy sauce, tamari, vegetable broth, or Bragg’s liquid amino nutritional yeast ✓ Spices — assorted ✓ Vinegars — balsamic or rice |
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This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.