

Nutrivore Meal Map

50% Vegetables & Fruit

2-5 SERVINGS

E.G., leafy veggies, root veggies, cruciferous veggies, mushrooms, alliums, citrus and berries

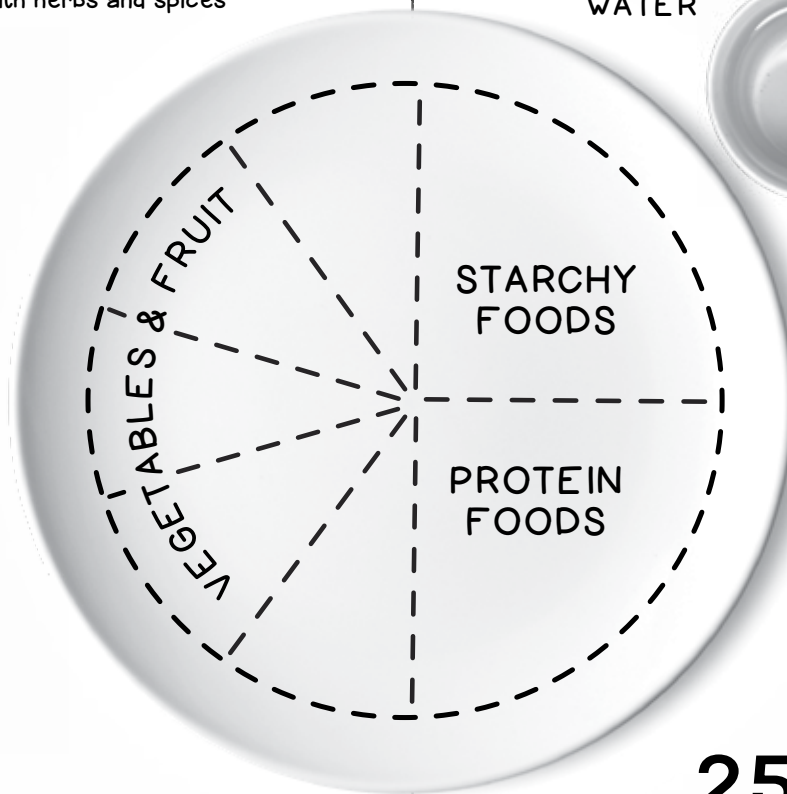
*Season and garnish with herbs and spices

25% Starchy Foods

1-2 SERVINGS

E.G., pulse legumes, whole grains and starchy vegetables

DRINK MOSTLY WATER



Eat the Rainbow

AIM FOR AT LEAST ONE SERVING OF PLANT FOODS FROM EACH OF THE COLOR FAMILIES DAILY

- * Red
- * Orange + yellow
- * Green
- * Blue + purple
- * White + brown

CHOOSE HEALTHY FATS

to cook and dress your foods and for meal components

E.G., nuts and seeds, fish, avocados, olives, olive oil, and vegetable oils

25% Protein Foods

1-2 SERVINGS

E.G., meat, seafood, broth, eggs, dairy and plant proteins

* If choosing whole-food plant proteins like lentils or edamame, merge the starch and protein quarters of your plate.

CHOOSE MOSTLY WHOLE FOODS AND VARY THE FOODS YOU EAT DAY TO DAY