

# 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

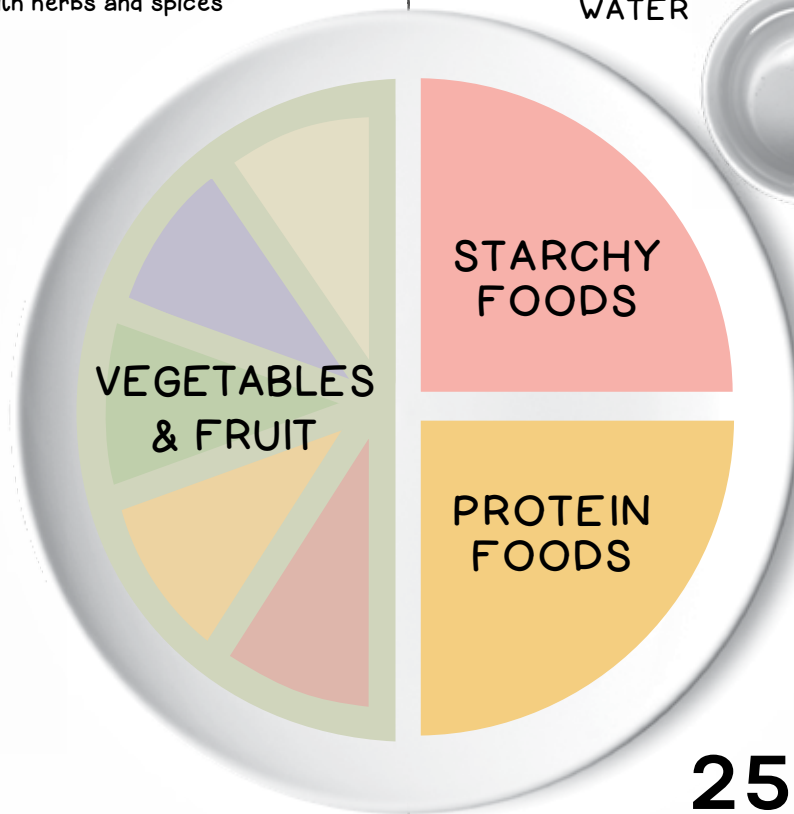
**25%**

## Starchy Foods

1-2 SERVINGS

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

DRINK MOSTLY WATER



**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

## 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