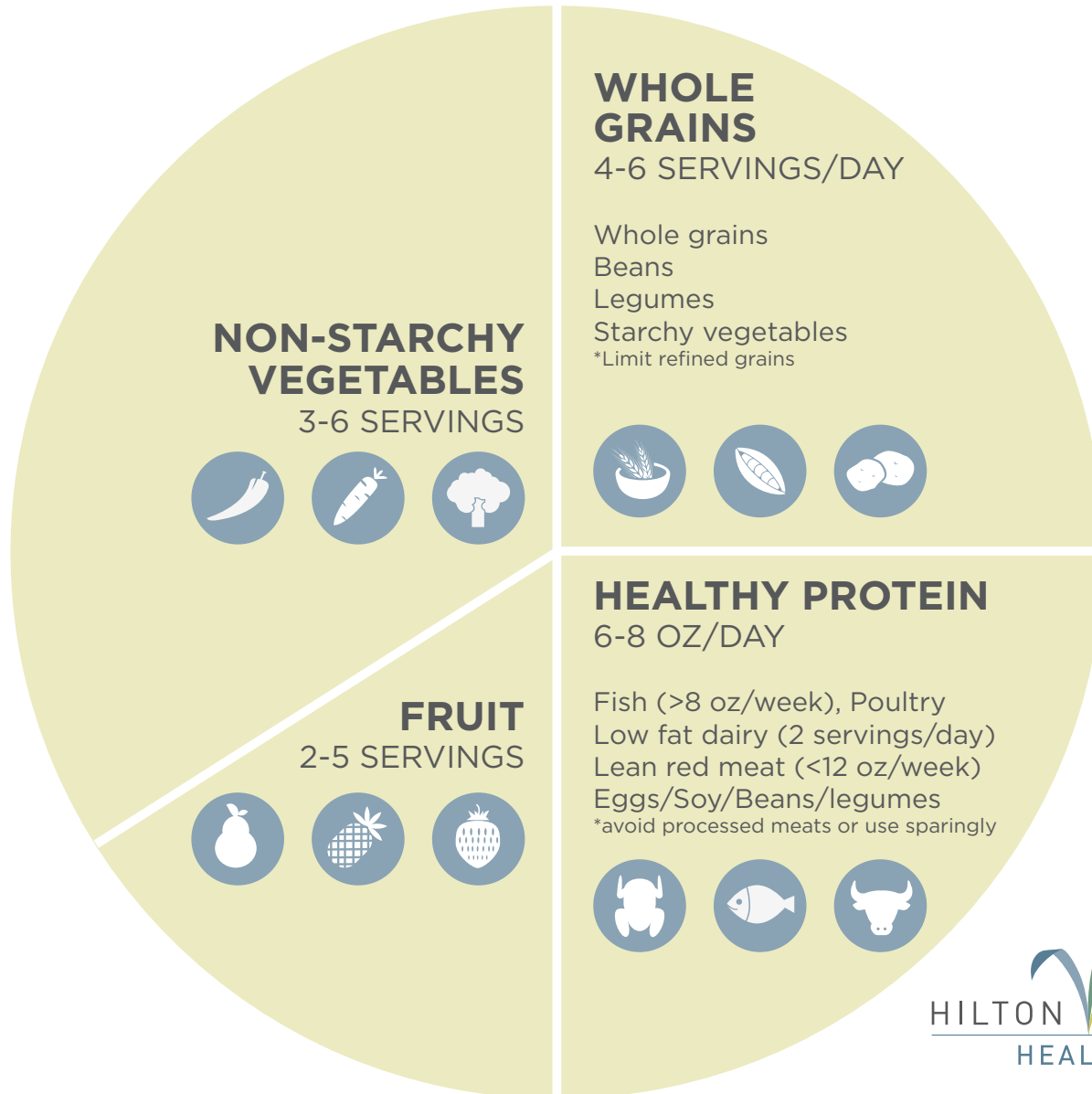


H3 PLATE

The H3 Plate illustrates the components of a healthy diet. It is a plant based meal plan, built on the foundation of vegetables, fruits, and whole grains complemented with appropriate amounts of healthy protein, low or non-fat dairy products, healthy oils, nuts, seeds, herbs and spices. When combined with moderate physical activity, and effective stress management, this nutritional plan will help you manage your weight, lower your risk for several chronic diseases, and improve the quality of your life.

10" PLATE



FATS & OILS

Nuts, seeds
1/2 - 2 oz/day

Healthy oils
1/2 - 4 tbsp/day

- *Avoid transfats
- Limit saturated fats

BEVERAGES

Water, unsweetened tea, unsweetened coffee

Low fat dairy (2 servings/day)

*limit soda, juice, energy drinks and alcohol

FLAVOR

Herbs
Spices
Vinegar
Salsas
Low sodium seasoning
<2300 mg sodium/day



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