

# Balance Your Plate

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## Healthy Fats

Include healthy fats in each meal. They could be included in your protein choice like oily fish, adding seeds or avocado or using olive oil (dressing/cooking).

**Monounsaturated** - olive oil, avocado, peanuts, almonds, pumpkin and sesame seeds.

**Polyunsaturated** - omega 3 (oily fish, walnuts, flax seeds, hemp) and omega 6 (peanuts, sesame oil, pecans).

## Protein

Meat e.g. chicken, beef, turkey, lamb, pork  
Fish e.g. salmon, cod, seabass, tuna, mackerel  
Eggs / dairy e.g. yoghurt, cottage cheese (if tolerated)  
Beans, lentils, chickpeas  
Nuts/nut butter

Suggested portion sizes: for a female one palm size, for man 2 palm sized.

## Starchy Carbohydrates

**Wholegrains** – brown/wholegrain rice, wholegrain bread, quinoa, oats, whole-wheat pasta.

**Higher carbohydrate vegetables** - white potatoes, sweet potatoes, parsnips.

**Other** - Beans, lentils, chickpeas

## Lower carbohydrate fruit and veg

Eat a **RAINBOW**, a variety of brightly coloured fruit and vegetable. Aim for 5 veg and 2 fruit per day.

Vegetables - artichoke, asparagus, bean sprouts, beetroot, broccoli, Brussels sprouts, butternut squash, cabbage, carrots, cauliflower, celery, chard, spring greens, courgette, cucumber, fennel, fermented vegetables, green beans, kale, leeks, lettuce, mushrooms, onions, pak choi, peas, peppers, radishes, sea vegetables, shallots, spinach, spring onions, turnips, watercress

Fruit – apples, berries, cherries, pears, plums, peaches, banana, kiwi, lemon, lime, pomegranate, oranges.

## Keep hydrated.

Drink water (infused with fruit for flavour), herbal or fruit teas. Avoid drinks that are high in sugar.

