

# Whole Food Plant Based Plate

**Green Leafy Vegetables** — Pack all of meals high with dark leafy green and other cruciferous vegetables like broccoli, cauliflower, Brussels sprouts and bok choy. These are most nutrient dense when lightly cooked.

**Vegetables** — Fill about half your plate with a variety of seasonal, local and colorful raw and cooked vegetables like leeks, carrots, beets, asparagus and summer squash or zucchini.

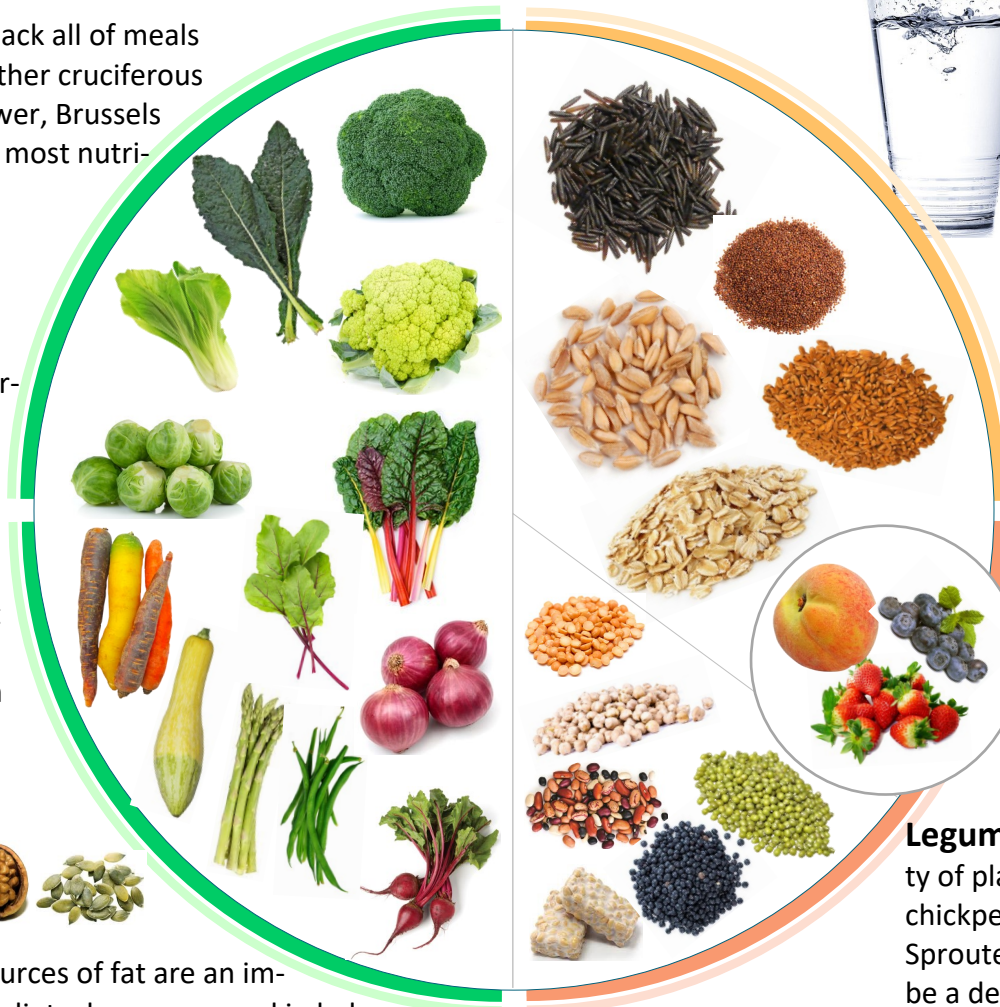
**Digestives** — Consume fermented foods as a condiment with a meal or in a small amount daily. Probiotic-rich foods like sauerkraut, kimchi, and miso can support microbiome, immune and overall health.



**Quality Fats** — Whole food sources of fat are an important component of a healthy diet when consumed in balance. Choose quality versions of avocados, nuts, seeds, and select oils.



**Medicinal Foods** — Various species of mushrooms and seaweed are packed with nutritional and health benefits. Selection is key for both when adding to any meal.



**Hydration** — Focus on drinking quality water throughout the day as much as possible. Add fruit or brew tea for flavor.

**Intact Kernel Whole Grains** — High fiber whole grains are nutrient-rich and important prebiotic foods. Include whole grains like brown rice, barley, teff, quinoa and oats. Limit refined, and ultra-processed grains and grain products.

**Fruits** — Pick a variety of seasonal, colorful fruits as a carbohydrate substitute in a meal, as a condiment to a complete plate, or as a healthy dessert.

**Legumes and Beans** — Select a variety of plant proteins such as black beans, chickpeas, lentils and mung beans. Sprouted and fermented beans can also be a delicious part of a healthy plate.



**Seasonings & Herbs** — Add flavor and even more phytonutrients with fresh or dried herbs and seasonings. Remember to read ingredient labels to avoid unnecessary oils, additives and preservatives.