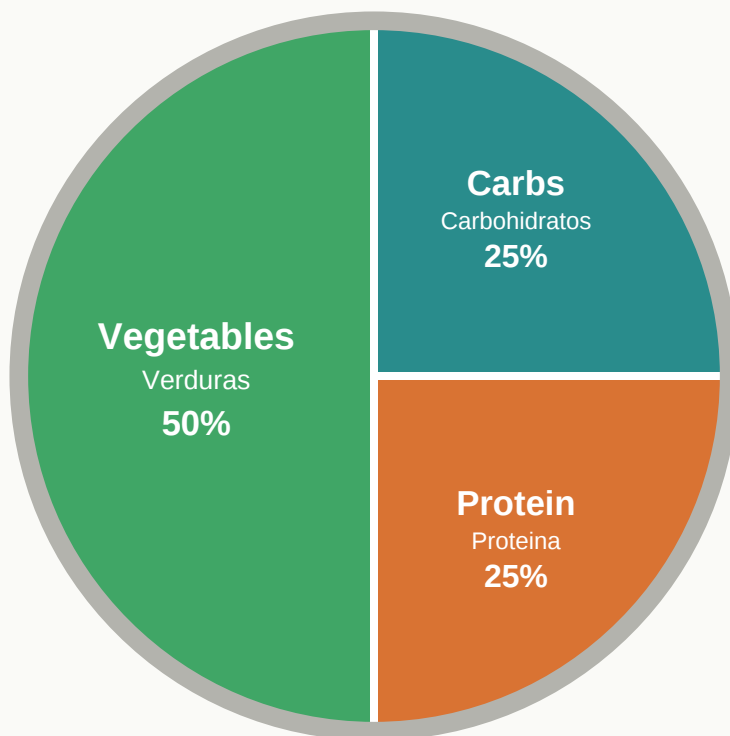


Balanced Plate Guide

Guia del Plato Balanceado



Vegetables

Verduras

- Broccoli / Brocoli
- Spinach / Espinaca
- Bell peppers / Chiles
- Zucchini / Calabacita
- Cucumber / Pepino
- Tomato / Jitomate
- Nopales
- Chayote

Lean Protein

Proteina Magra

- Chicken / Pollo
- Fish / Pescado
- Shrimp / Camaron
- Eggs / Huevos
- Turkey / Pavo
- Tofu
- Beans / Frijoles
- Greek yogurt

Carbs

Carbohidratos

- Corn tortilla / Tortilla
- Brown rice / Arroz integral
- Sweet potato / Camote
- Oats / Avena
- Quinoa
- Fruit / Fruta
- Whole wheat bread
- Beans / Frijoles

This guide is for educational purposes only and does not replace individualized medical nutrition therapy.

Esta guia es solo para fines educativos y no reemplaza la terapia nutricional medica individualizada.

Please consult your Registered Dietitian for a personalized plan. / Consulte a su Dietista Registrado.