

# NUTRITION BY ADDITION

## The Balanced Plate: A Guide to Nutrient-Rich Eating

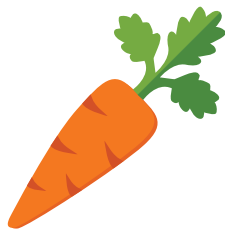
A balanced meal includes: **Protein** – Essential for muscle maintenance and satiety (lean meats, fish, eggs, beans, tofu) **Healthy Carbohydrates** – Provides energy and fiber (whole grains, starchy vegetables, legumes) **Healthy Fats** – Supports brain function and nutrient absorption (nuts, seeds, olive oil, avocado) **Non-Starchy Vegetables** – Rich in fiber, vitamins, and antioxidants (leafy greens, bell peppers, broccoli, carrots) **Hydration** – Water, herbal teas, or unsweetened beverages for optimal body function.



## SIMPLE WAYS TO ADD MORE NUTRITION TO YOUR MEALS

Increase Fibre and Antioxidants	Sprinkle chia, flaxseeds or berries onto yogurt, oatmeal, or smoothies.
Enhance Protein & Healthy Fats	Incorporate nuts, seeds, or beans into salads and stir-fries.
Boost Micronutrients	Add leafy greens like spinach or kale to sandwiches, pasta, or omelets.
Diversify Food Choices	Rotate protein sources, grains, and vegetables for a variety of nutrients.
Prioritize Whole Foods	Swap refined grains for whole grains.

### Examples of Nutrient-Dense Meals



**Breakfast:** Oatmeal with flaxseeds, walnuts, and berries



**Lunch:** Grilled chicken salad with mixed greens, chickpeas, avocado, and vinaigrette dressing



**Dinner:** Baked salmon with quinoa and roasted Brussels sprouts.



**Snack:** Hummus with sliced bell peppers and whole-grain crackers

### Focus on What You Can Add, Not What You Should Remove

By emphasizing what can be added to meals instead of focusing on restrictions, you can cultivate balanced, enjoyable, and nutrient-rich eating habits that promote lifelong health.