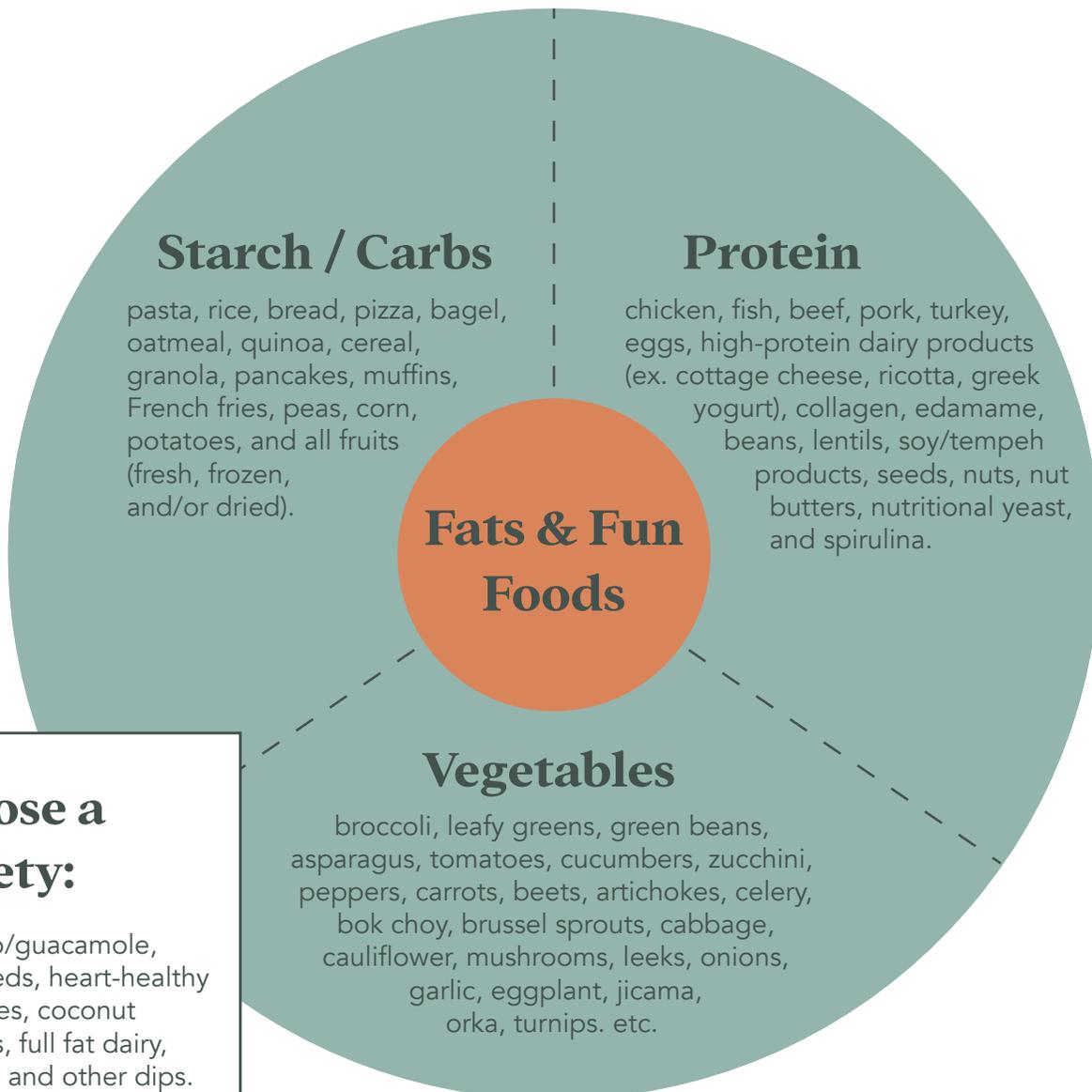


The Peaceful Plate



Choose a variety:

Avocado/guacamole, nuts, seeds, heart-healthy oils, olives, coconut products, full fat dairy, hummus and other dips. Don't forget desserts!

Balanced eating is full of nutrition but is also flexible. Sometimes your peace plate will look “perfect” with equal parts starch, protein, and vegetables, like the peace plate shown above.

Sometimes it will be 1/2 carbs and 1/2 protein and other times increased vegetables.

The key is to assess how you feel with the available food in front of you.

Remember, the following is meant to be flexible and enjoyable. The goal is to listen to your body and have freedom and fun!

Starch/Carbohydrates:

Pasta, rice, bread, pizza, bagel, oatmeal, grits, quinoa, cereal, granola, pancakes, muffins, french fries, starchy vegetables (peas, corn, starchy beans, potatoes, butternut/acorn squash).
Or fruit- fresh, frozen, or dried!

Protein:

Chicken, fish, beef, eggs, turkey, cottage cheese, greek yogurt, tempeh, soy products, seeds, nuts, nut butters. Try topping with nutritional yeast, spirulina or hemp seeds for an additional protein punch.

Vegetables:

Broccoli, cauliflower, cabbage, bok choy, dark leafy greens, green beans, zucchini/squash, bell peppers, carrots, mushrooms, cucumbers, tomatoes, asparagus, onion, garlic, etc.
Hint: any vegetable not listed as a starch belongs here!

Fat:

Don't forget a variety of filling fats: avocado/guacamole, nuts, seeds, oils, butter, olives, coconut, full-fat dairy, etc. Feel free to save room for delicious desserts!

A mindful eating meal plan combines knowledge of nutrition and health with the flexibility needed to live everyday life. We all have to feed our bodies with nutritious food that gives us energy, nutrients for health, and a balance of food groups. Do not forget that mindful eating also includes eating foods that you enjoy, honoring your food preferences, and paying attention to hunger, fullness & satisfaction. The foundation of mindful eating is flexibility, knowing what works for you and your body. When you are a mindful eater, you unite social, emotional, and mental well-being to nourish and **RENEW** your body, mind and spirit.

Balanced eating includes eating a variety of foods during daily meals and snacks to provide fuel for your body. The peaceful plate represents a peace sign, where the plate is split into 3 main categories, each representing a different food group to create balance. The “peace sign” in the middle of the plate also represents making peace with food, as mindful eating is meant to be flexible. You do not have to be “perfect” at every meal or snack in order to be healthy.

Meals:

$\frac{1}{3}$ of the plate is vegetables, $\frac{1}{3}$ is carbohydrate, $\frac{1}{3}$ is protein, with a source of fat at every meal. You may or may not choose to include a dessert or “fun food.”

Snacks:

Snacks are meant to create additional flexibility and occur when meals are too far apart. It's helpful to think of snacks as mini-meals that include 2-3 food groups.

“Rule of 3’s”:

Start with 3 meals each day and if needed, based on hunger, add snacks in-between meals. Ideally, a meal is at least 3 food groups (and full of vibrant colors)!

Eating like this may seem challenging at first. It may take some time to get used to shifting your day around if you're used to eating in a different pattern. This is why mindful eating is intended to be adaptable.

Remember, the goal is flexibility and enjoyment! If the peace plate becomes too stressful, speak with Renew about ways to customize meals just for you!

Why do we need different food groups?

Carbohydrates for energy and brain power:

Carbohydrates are the main source of fuel for muscles and the only source of energy for the brain. Whole grains also provide antioxidants and fiber for digestive health, satiety, and cardiovascular health. Carbohydrates often contain B vitamins to help the body with energy metabolism, and iron, to deliver oxygen throughout the body. Inadequate carbohydrate intake can cause increased hunger, fatigue, depression, anxiety, and constipation.

Protein for muscles, energy, skin, tendons, organs and bones:

Every cell in the body depends on protein. Protein serves for much more than building muscle, including blood clotting, immune function, and tissue repair. Meat sources of protein are particularly rich in iron (which carries oxygen through the blood) and vitamin B12 (which is essential for energy metabolism). Inadequate protein intake can cause muscle wasting, low metabolism, reduced energy and electrolyte imbalances. Note: if vegetarian/vegan, speak with Renew to discover how to incorporate more of nature's abundant protein sources.

Fruit and vegetables for optimal health:

Fruits and vegetables are packed with antioxidants, phytonutrients, vitamins, minerals and fiber, making them nutrition powerhouses. They can help prevent disease and increase our immune systems to help fight off metabolic stress. Inadequate fiber intake can cause constipation, a weakened immune system, higher risk of disease onset, and eye & skin disorders.

Fats for long lasting energy and satiety:

Eating fat is essential for optimal health and very low fat diets can cause major health risks. Fat not only provides long lasting energy, but it also insulates organs and maintains body temperature. Fat forms the protective membrane around all cells of the body. Fatty acids are converted into essential hormones (such as vitamin D) and allow for absorption of many other vitamins. Certain kinds of fats, omega-3s, can even act as anti-inflammatories and may help reduce the risk of heart disease. Inadequate fat intake may cause reproductive failure, fatigue, poor healing and liver & kidney disorders.