



HOW TO BUILD A HEALTHY VEGETARIAN PLATE

25%

PLANT-BASED PROTEINS

They are sources of protein, fiber and other essential nutrients. Vary the pulses (beans, chickpeas, lentils, soybeans, peas), and if you like you can also add mushrooms and seeds.

25%

STARCHY FOODS

These foods provide carbohydrates, which should make up 25% of the plate. Examples are potatoes, sweet potatoes, rice, pasta, corn, quinoa, amaranth and flours.



DESSERT

For dessert, choose a portion of seasonal fruit.

50%

VEGETABLES

Half of the plate should consist of raw or cooked vegetables. Vary the combinations to get more nutrients.