

# THE NOURISHING 4

BUILDING A NUTRITIONALLY BALANCED MEAL

## WHAT IS THE NOURISHING 4?

The Nourishing 4 is comprised of four food groups – Starch/Carb, Protein, Fat, and Fiber (Fruit/Veg). You can use the Nourishing 4 as a template for creating healthy meals and snacks by aiming to include at least three of these food groups for meals, and two for snacks.

### PROTEIN

Protein provides a steady stream of energy and can help you stay focused. Look to add more animal and/or plant-based proteins to your meals and snacks.

#### Animal sources

chicken  
beef  
turkey  
fish  
shellfish

lamb  
eggs  
milk  
yogurt  
cheese

#### Plant sources

beans  
lentils  
tofu  
tempeh  
nuts and seeds

soy milk  
edamame



### FIBER (FRUIT/VEG)

Fruits & veggies are great sources of fiber. Aim to incorporate different colors when possible, such as selecting two different vegetable options to have each week. Fresh, frozen, canned, and dried fruits and vegetable are all healthy choices.

#### Fruit

apples  
bananas  
peaches  
berries  
guava

kiwi  
lychee  
mango  
oranges  
persimmon

apricot  
jackfruit  
grapefruit  
figs  
watermelon

pears  
papaya  
pears

#### Veggies

carrots  
cauliflower  
zucchini  
broccoli  
eggplant  
peas  
cabbage

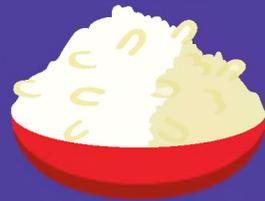
bell peppers  
diakon radish  
celery  
yucca  
mushrooms  
nopales  
okra

squash  
jicama  
spinach  
bok choy  
collard greens  
sweet potato  
bitter melon



### STARCH / CARB

Starches and carbs provide an essential source of energy to fuel your daily activities. It is a great idea to include more whole grains, which provide fiber to help you feel full for longer.



Rice  
Tortillas  
Noodles

Pasta  
Naan  
Grits

Bread  
Cereal  
Potatoes

Yams  
Taro Root  
Plantains

#### Whole grain sources

brown, wild, black rice  
whole grain bread  
whole grain pasta  
corn tortilla

popcorn  
quinoa  
soba noodles  
chapati/roti

oats  
farro  
barley  
injera

### FAT

Adding fats to meals increases feelings of fullness and satisfaction. Healthy fats (UNsaturated fats) are found mostly in plants and seafood, though dairy products are also good fat sources.

oils (olive, vegetable, canola, sesame, sunflower)  
fatty fish (salmon, tuna, trout)  
avocados  
olives

nuts, seeds (sesame, sunflower, chia, flax, pumpkin)  
nut/seed butter  
whole eggs  
yogurt, cheese

FOR MORE INFO, VISIT  
[WELLNESS.SFSU.EDU/NUTRITION](http://WELLNESS.SFSU.EDU/NUTRITION)



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