

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

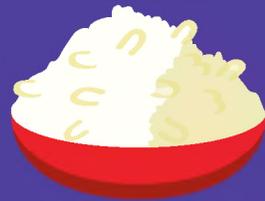
bell peppers
diakon radish
celery
yucca
mushrooms
nopales
okra

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

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