

# 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 a healthy meal 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

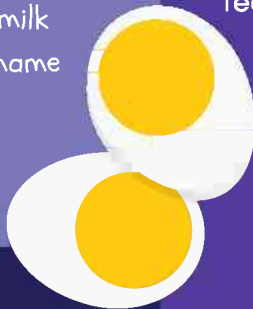
chicken  
turkey  
canned tuna  
fish  
shellfish

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  
plantain

#### Veggies

carrots  
cauliflower  
zucchini  
broccoli  
eggplant  
peas  
corn

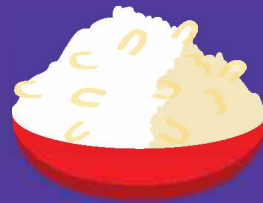
bell peppers  
diakon radish  
celery  
yucca  
mushrooms  
nopales  
okra

squash  
jicama  
spinach  
bok choy  
collard greens  
sweet potato  
Brussels sprouts



### 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

Pasta  
Noodles

Naan  
Grits

Bread  
Crackers

Cereal  
Potatoes

#### Whole grain sources

brown or wild rice  
whole grain bread  
whole grain pasta  
corn or whole grain tortilla  
steel cut or rolled oats

bulgur  
popcorn  
quinoa  
barley  
soba noodles

farro  
millet  
roti  
pita  
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)  
fatty fish (salmon, tuna)  
avocados  
olives  
chia seeds  
flax seeds

nuts  
nut/seed butter  
eggs  
yogurt  
cheese