**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
- lamb
- turkey
- eggs
- canned tuna
- milk
- fish
- yogurt
- shellfish
- cheese

**Plant sources**
- beans
- soy milk
- lentils
- edamame
- tofu
- tempeh
- nuts and seeds

### 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.

**Whole grain sources**
- brown or wild rice
- whole grain bread
- whole grain pasta
- corn or whole grain tortilla
- steel cut or rolled oats
- bulgur
- farro
- millet
- popcorn
- quinoa
- barley
- roti
- pita
- soba noodles
- injera

**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
- pears
- papaya
- plantain
- watermelon

**Veggies**
- carrots
- cauliflower
- zucchini
- broccoli
- eggplant
- peas
- okra
- bell peppers
- diakon radish
- celery
- yucca
- mushrooms
- nopales
- squash
- jicama
- spinach
- bok choy
- collard greens
- sweet potato
- Brussels sprouts

### 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