

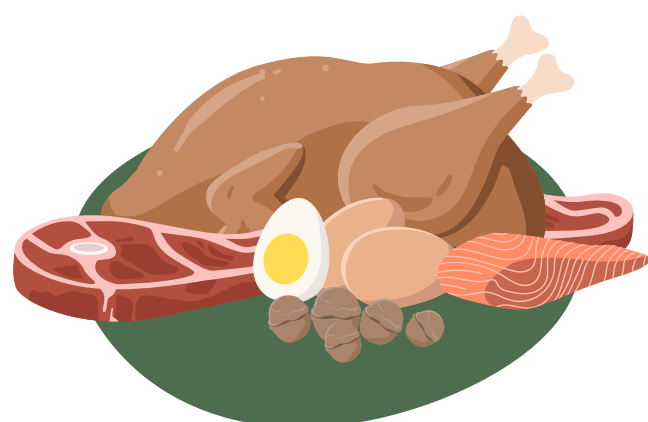
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Components of a Nourishing Meal



Energy

The primary energy source for the human body and brain is carbohydrates. These can come from nutritious whole grains (brown rice, quinoa, popcorn, barley), potatoes, fruits, and legumes. Other foods include bread, pasta, and starchy vegetables. Goal ~1/4 of the plate.



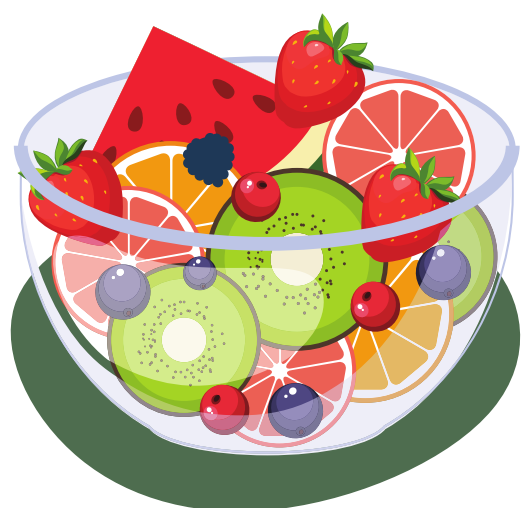
Protein

Protein provides essential building blocks to immune cells and muscles, serves as a catalyst to metabolism, and supports hormone and enzyme structure. Protein can be found in animal sources like meat, fish, dairy/eggs + plant sources like beans, lentils, and nuts. Goal 1/4 to 1/3 of the plate.



Fiber

Fiber is an underrated nutrient. Fiber support bowel regularity, slows digestion to allow for better glucose metabolism, supports the gut microbiome, and improves cardiac health. It is found in whole grains, fruits and vegetables + beans/legumes. 1/2 plate should be fruits and veggies.



Micronutrients + Phytonutrients

Micronutrients include vitamins and minerals (V/M). Phytonutrients are chemical compounds in plant foods that support wellbeing. Including a variety of brightly colored plant-foods + a variety of protein sources and carbohydrates sources will also optimize intake of these nutrients.



Fat

Fat is an essential component to brain and hormone health. Fat can also provide support for metabolism by slowing digestion. Some fats- omega 3's are notable for their anti-inflammatory impact. Choose nutrient dense fat sources like those found in fatty fish, avocado, egg yolks, nuts, chia/flaxseeds.