

FITBIT'S GUIDE TO A BALANCED PLATE



VEGETABLES: Fill 1/2 of your plate with colorful, non-starchy vegetables. Vegetables are an important source of nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

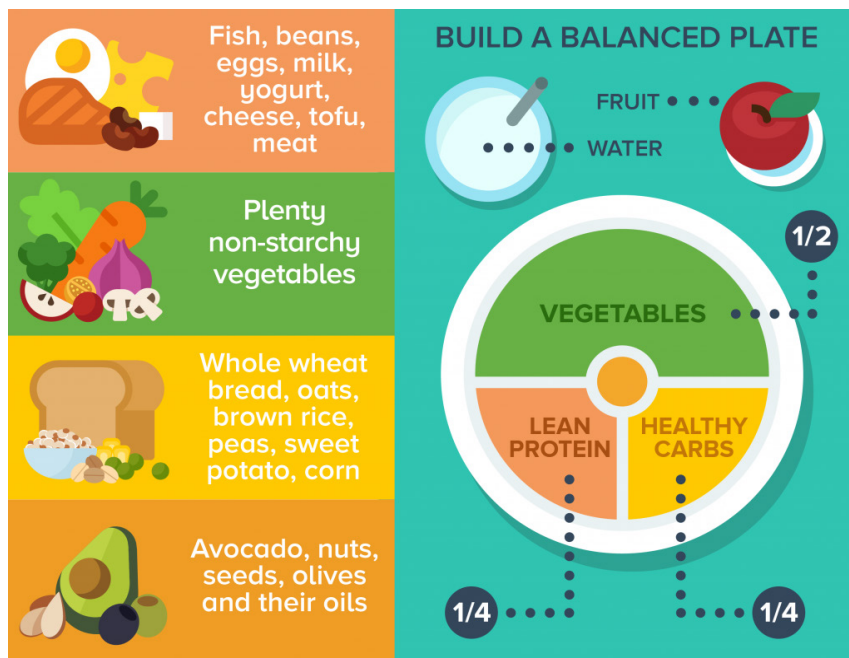
Choose: A variety of colorful fresh, frozen, and canned vegetables, making sure to include a variety of different colors, in particular dark greens, reds, and oranges.

LEAN PROTEIN: Fill 1/4 of your plate with lean protein-rich foods.

These foods provide not only protein but B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, magnesium, and calcium.

Choose: a variety of different animal protein foods, including fish, seafood, eggs, lean meats, poultry, and low-fat dairy. And plant-proteins like beans, lentils, edamame, tofu, tempeh, and soymilk.

Limit: fatty cuts of meat and processed meats, like sausages, hot dogs, salami, and bacon.



HEALTHY CARBS: Fill 1/2 of your plate with carbohydrate-rich foods. These foods provide many nutrients, including dietary fiber, several B vitamins, and minerals.

Choose: Mostly whole grains like whole wheat, rolled oats, barley, quinoa, brown rice, or grain products. Or starchy vegetables like sweet potatoes, potatoes, green peas, or sweet corn.

Limit: Refined grains, like white bread, white rice, pasta, and products made from white flour.

HEALTHY FATS: Add a small dollop of healthy fats.

Oils derived from plants and fish provide essential fatty acids, mono- and polyunsaturated fats, and vitamin E.

Choose: healthy plant oils found in avocados, olives, nuts, and seeds. Cook with plant oils that are liquid at room temperature, such as extra-virgin olive oil, avocado oil, and nut and seed oils.

Limit: fats that are solid at room temperature, including lard, butter, shortening, bacon grease, coconut oil, and palm oil—all of which can raise your “bad” LDL cholesterol.

FRUIT: Eat some fresh, whole fruit.

Fruit is packed with a number of essential nutrients, including potassium, dietary fiber, vitamin C, and folate (folic acid). Have a piece of fruit as a part of your healthy carbs, as a snack, or a healthy dessert.

Choose: fresh, canned, or frozen, and eat fruit whole, cut-up, or pureed.

Limit: your portions of dried fruit and fruit juice—they're higher in calories, deliver more sugar, and are easy to overconsume.