

Nutrients Part I

What to Eat and Drink

Vegetables are your best source of vitamins and some minerals. They have a lot of fiber, and, if eaten raw, require chewing. One-half of your lunch and dinner plate should be filled with vegetables.

The other half of the plate should be divided into thirds, with one-third filled with **protein**. The best sources of protein include

- *legumes,*
- *whole grains,*
- *eggs and*
- *meat.*

The maximum amount of meat you need in a day is 60 grams, or about the equivalent of about a card deck size of meat.

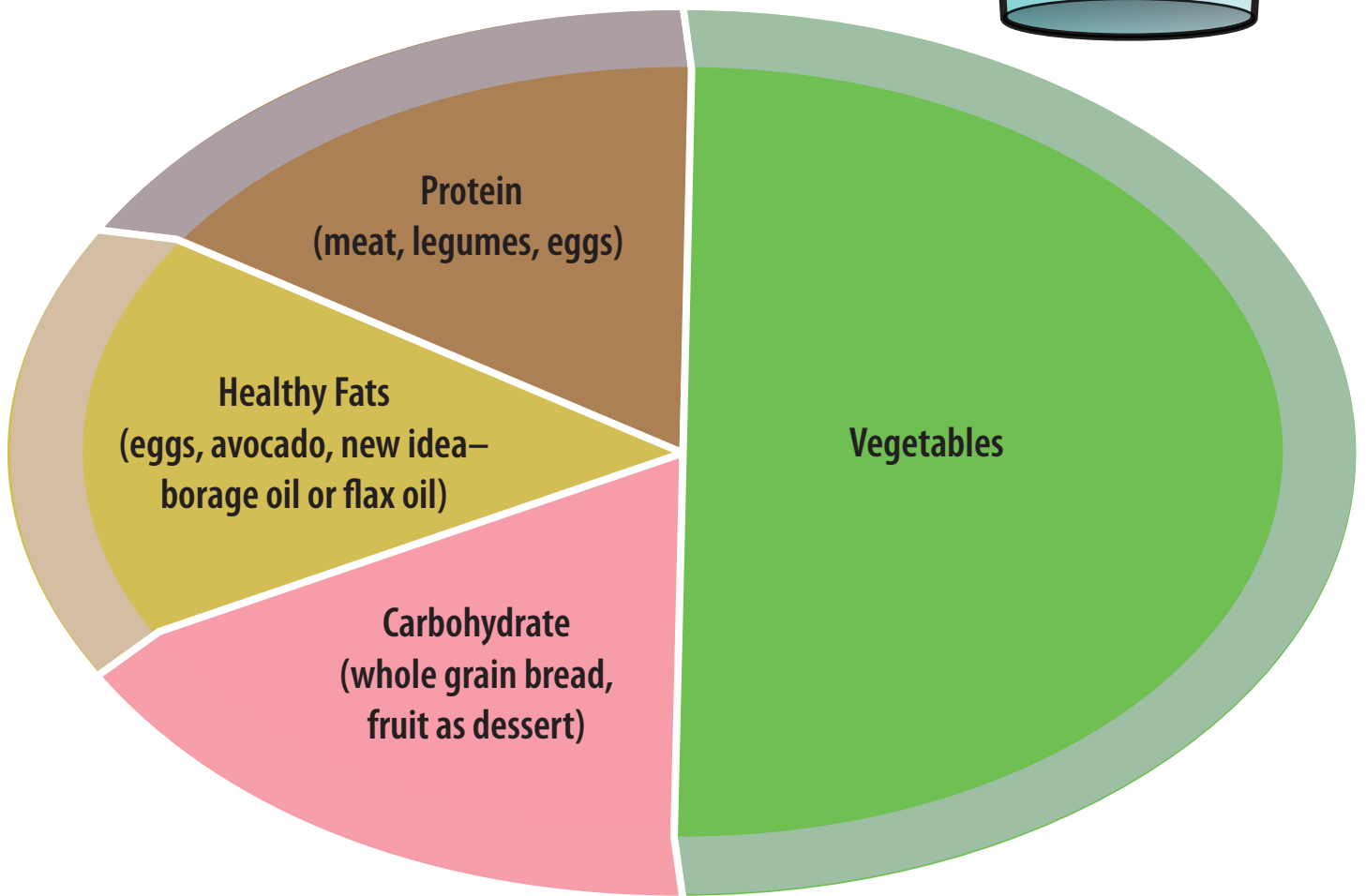
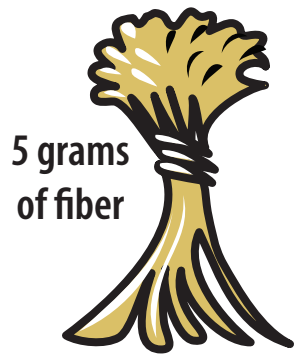
There is no known minimum requirement for **carbohydrate** intake. This means you can get all the carbohydrates you need in just the vegetables and legumes and whole grains.

Because there is only one-sixth of the plate (one-third of the other half) designated for carbs, one-half slice of bread or a small fruit will fill this space.

The last third of the other half of the plate should be filled with healthy **fats**. A healthy fat could include an avocado, olive oil dressing or vegetables/meat sautéed in butter or olive oil (you can add fresh garlic—the resultant flavor is wonderful!)

Water is the best (and really only) fluid to drink. Six to eight cups (8 ounce cups) should be considered a minimum of water to drink each day. Filtered water is generally better than tap water.

The next page illustrates these ratios in an easy-to-remember format called the P.O.W.E.R. Platter



P.O.W.E.R.™ Platter