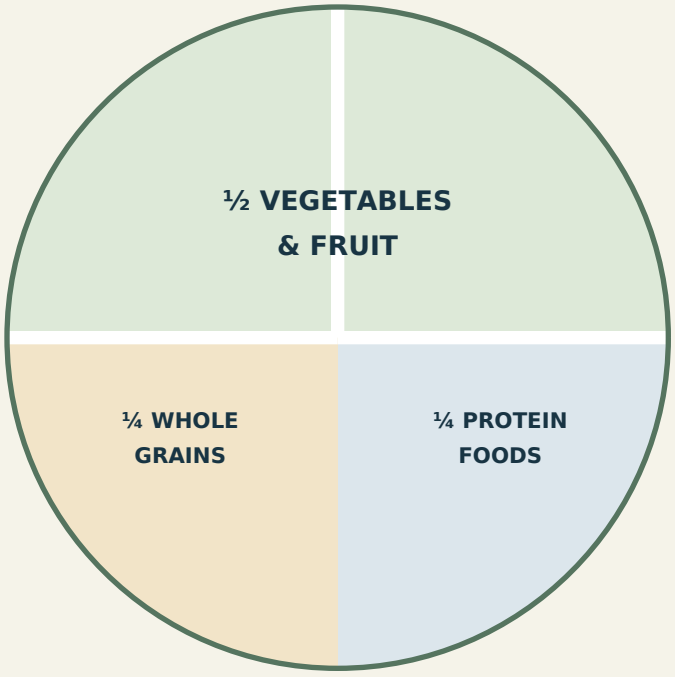
FOOD

# BALANCED PLATE GUIDE

A flexible visual guide for building satisfying meals, one plate at a time.

## A simple plate pattern

Use this as a starting point, then adapt for your culture, preferences, access, and health needs.




### BUILD A PLATE THAT WORKS FOR YOU

**Vegetables & fruit**

Fresh, frozen, or canned can all fit. Add color and variety when available.

**Grains or starchy foods**

Try oats, rice, corn, potatoes, whole-grain bread, or familiar staples.

**Protein foods**

Beans, lentils, eggs, fish, poultry, tofu, nuts, or other favorites.

**Add what makes it satisfying**

Water or another preferred drink; include dairy or alternatives if you enjoy them.

## Keep it flexible

Portions and food needs differ from person to person. This guide is general education, not a prescribed meal plan. If you have allergies, a medical condition, or specific nutrition needs, follow advice from your qualified health professional.