

Building Performance Plates

PERFORMANCE PLATE CHECKLIST:



QUALITY CARBOHYDRATES
FOR OPTIMAL ENERGY STORES

Oatmeal, whole grain bread, bagels, tortillas, English muffins, cereal, crackers, brown rice, quinoa, potatoes, sweet potatoes, beans



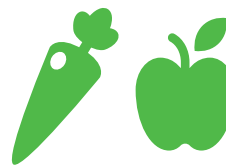
LEAN PROTEIN
FOR MUSCLE RECOVERY & MUSCLE BUILDING

Grilled/baked/broiled/roasted chicken, turkey, fish, pork, sirloin, lean ground beef, eggs, low-fat dairy



HEALTHY FATS

Salmon, tuna, nuts, nut butters, seeds, olives, olive oil, canola oil, oil-based salad dressings, avocado/guacamole



COLORFUL FRUITS & VEGETABLES

Apples, oranges, bananas, strawberries, blueberries, blackberries, raspberries, grapes, melon, pineapple, watermelon

Broccoli, green beans, carrots, spinach, romaine lettuce, cauliflower, brussels sprouts, asparagus, cucumbers, bell peppers, tomatoes, zucchini, squash

MAKE 1/3 OF YOUR PLATE
LEAN PROTEIN

MAKE 1/3 OF YOUR PLATE
QUALITY CARBOHYDRATES



MAKE AT LEAST 1/3 OF YOUR PLATE
COLORFUL FRUITS & VEGGIES



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