

Balancing your Plate

The idea of a healthy diet means something different to everyone. However there is a now a generally accepted theory on what a “healthy” diet consists of, which means this recommendation is generally approved for everyone, whether it be for weight loss, diabetes, cardiovascular disease and health promotion/disease prevention.

It is called the quarter plate rule.

The basic points of the quarter plate rule are as follows: 50% of your intake should be from non-starchy vegetables. Non-starchy vegetables include fresh/frozen (non breaded/fried) varieties of: artichokes, asparagus, green/wax beans, bean sprouts, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, onions, greens, kohlrabi, leeks, mushrooms, okra, pea pods, peppers, radishes, salad greens (endive, lettuce, romaine, spinach), sauerkraut, summer squash, tomatoes, turnips, water chestnuts, watercress and zucchini.

25% of your intake should come from a lean protein source. Lean proteins are skinless chicken/turkey, baked/broiled/boiled fish, tuna packed in water, low fat/fat free cheese, ground round, flank/loin steaks, roast beef/pork, ham, and Canadian bacon.

25% of your intake should come from a carbohydrate source. Carbohydrates consist of beans, peas, corn, bread, pasta, rice, cereal, all fruit, fruit juice, milk, ice cream, yogurt, honey, sugar, candy, cookies, syrup, soda and honey.

If you follow the above rules you will see more weight loss, lower blood pressure, lower cholesterol and an overall feeling of better health. A major contributor the current epidemic of obesity is because most people will place consume 50% or more per meal of carbohydrates, leading to weight gain, insulin resistance, high blood pressure and dyslipidemia.

If you eat as suggested above and are still hungry feel free to refill your vegetable side again. These foods are “free” foods and will not only keep you feeling full but will also assist you achieving most of your lifestyle goals.