

By using foundational nutrition principles and the Natural Grocers good4u Meal Wheel. You will find that building a **BALANCED, HEALTHY & DELICIOUS MEAL CAN BE EASY & AFFORDABLE!**

## Vegetables & Fruit



Focus on filling half of your plate with vegetables— nutrient dense sources of complex carbohydrates. Non-starchy vegetables are a source of energy that will help to stabilize blood sugar and insulin levels, and they contain many vitamins, minerals and phytonutrients to support health. Starchy vegetables such as sweet potatoes, winter squash and potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs. Choose a variety to maximize the variety of nutrients you take in.

Fruits should be consumed in moderation as they have the potential to raise blood sugar and insulin.

## Grains & Legumes



Athletes or people who exercise regularly may want to add additional carbohydrates to meet their energy needs. You might want to start with adding more nutrient dense starchy vegetables and fruit. Eating grains is not recommended because they contain anti-nutrients that are harmful to the body. Additionally, proteins in the gluten-containing grains cause an immune response in one out of every three people and the starch found in these grains elevates blood sugar rapidly, contributing to blood sugar highs and lows. Quinoa, wild rice, teff, buckwheat and legumes are less problematic than true grains. They also contain anti-nutrients and should be soaked and/or fermented before they are eaten.

## Quality Protein



Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health at any age. Complete proteins include eggs, meat, fish, seafood, and poultry. In addition to being a complete protein, a quality protein is organic, naturally-raised or wild-caught as these do not contain unhealthy hormones, pesticides or preservatives. Vegetarian complete protein sources including potatoes, quinoa, dairy and soy should be consumed with caution due to their high carbohydrate content.



**CORE SUPPLEMENTS**  
Multivitamin/mineral,  
Vitamin D, Fish oil,  
Magnesium, Probiotics



## Healthy Fats

Fat is *essential* for optimal health and wellness because it helps build healthy cells and is a major energy source for the body. Often, healthy fats are a component of the quality protein you already have on your plate. Foods like organic whole eggs, grass-fed meats and wild, coldwater fish are all excellent sources of healthy fats. In addition to eating these foods, you can prepare or garnish food with extra virgin olive oil, coconut oil, organic butter and ghee to get the healthy fats you need. You may also want to incorporate foods like avocados and organic nuts and seeds into your diet, as these foods are naturally high in healthy fats and make great snacks throughout the day.



## Vegetables

### LEAFY GREENS

Chard, Beet greens, Spinach, Curly kale, Red kale, Collards, Mustard greens, Dandelion greens, Red leaf lettuce, Romaine lettuce, Butter lettuce, Endive, Arugula

### MUSHROOMS

Button, Shitake, Crimini, Portobello

### HERBS

Parsley (*curly and flat leaf*), Cilantro, Basil, Dill

### SUMMER SQUASH

Crookneck, Pattypan, Yellow squash, Zucchini

### ONION FAMILY

Red onions, Yellow onions, White onions, Garlic, Green onions, Shallots

### CRUCIFERS

Broccoli, Cauliflower, Green cabbage, Red cabbage, Chinese cabbage, Brussels sprouts, Bok choy, Kale, Collards, Mustard greens

### MISCELLANEOUS

Asparagus, Artichokes, Avocado, Bean sprouts, Cucumber, Celery, Fennel, Green beans, Okra, Olives, Peas, raw, \*Peas, cooked

### NIGHTSHADES

Tomatoes, Eggplant, Green/Red/Yellow peppers, Hot peppers, \*White potatoes, \*Red potatoes, \*Purple potatoes, \*Yukon Gold potatoes

### TUBERS

\*Yams, \*Potatoes

### ROOT VEGETABLES

\*Beets, \*Burdock root, Carrots (*raw*), \*Carrots (*cooked*), \*Celery root, Daikon, Jicama, Parsnips, Radishes, \*Rutabagas, \*Turnips

### WINTER SQUASHES

\*Acorn, \*Butternut, \*Carnival, \*Delicata, \*Hubbard, \*Kabocho, \*Pumpkin, Spaghetti squash, \*Sweet dumpling, \*Turban

\* Higher carbohydrate vegetables

## Fruits

Apple, Apricot, Banana, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Figs & Dates, Grapefruit, Grapes & Raisins, Honeydew, Kiwi, Mango, Nectarine, Orange, Papaya, Peach, Pear, Pineapple, Plum, Prunes, Raspberries, Strawberries, Watermelon

## Quality Proteins

### VEGETARIAN

Eggs, Quinoa, Potato, Tempeh, Tofu, Greek Yogurt (*plain*), Cheese, Cottage Cheese, Nuts, Seeds, Mycoprotein (*Quorn™*)

### ANIMAL BASED

Beef, Buffalo, Chicken, Duck, Eggs, Fish, Seafood, Lamb, Ostrich, Game Meat, Pork, Turkey, Cheese, Cottage Cheese, Greek Yogurt (*plain*)

## Healthy Fats

Fat from Quality Protein, Butter, Ghee (*clarified butter*), Cream, Coconut oil, Olive oil, Sesame oil, Avocado, Olives, Nuts & Seeds

## Core Supplements

Multivitamin/mineral, Vitamin D, Fish oil, Probiotics, Vitamin K, Coconut oil

## Optional Additional Carbohydrates

### LEGUMES

Adzuki beans, Anasazi beans, Black-eyed peas, Black beans, Garbanzo beans, Kidney beans, Mung beans, Navy beans, Pinto beans, Lentils

### GRAINS

Amaranth (*GF*), Brown Rice (*GF*), Buckwheat (*GF*), Corn (*GF*), Millet (*GF*), Quinoa\*\* (*GF*), Teff (*GF*), Wild Rice\*\* (*GF*), Oats