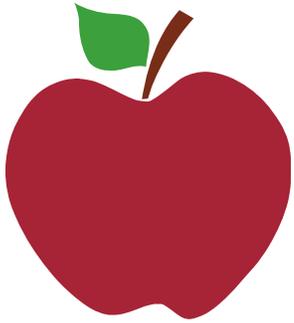


# Bastyr **Healthy** Plate



## FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

## VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.

## DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

## HEALTHY FAT

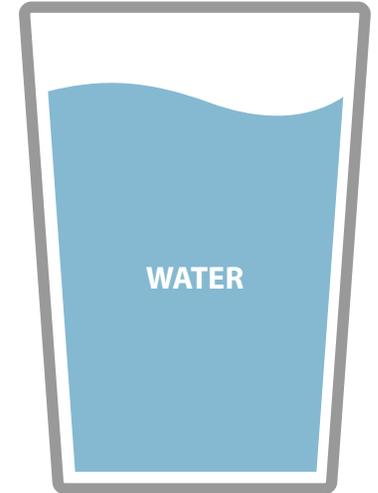
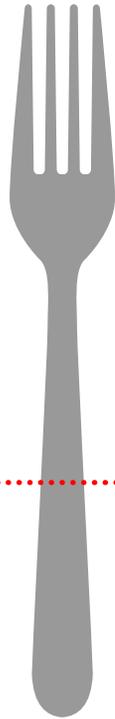
Includes fats from whole foods such as avocado, nuts, seeds and fatty fish. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

## PROTEINS

Include a variety of healthy plant proteins such as legumes, nuts and seeds, and animal proteins like fish, poultry, eggs and dairy. Select organic, free-range or grass-fed animal proteins when possible.

## WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.

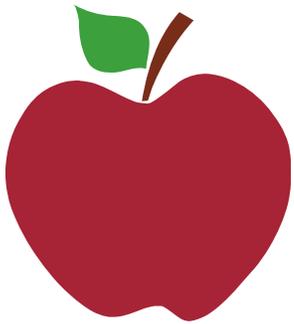


**BASTYR CENTER**  
FOR NATURAL HEALTH

*the teaching clinic  
of Bastyr University*

[www.BastyCenter.org](http://www.BastyCenter.org)

# Bastyr **Vegan Healthy Plate**



## FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

## VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.

## DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

## HEALTHY FAT

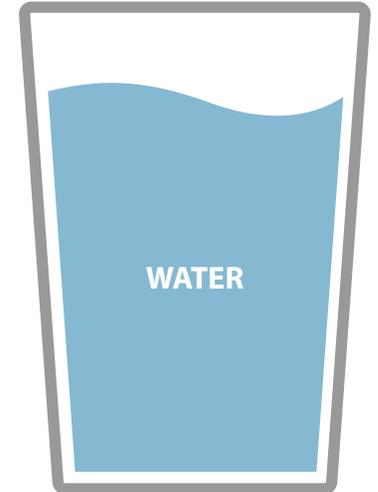
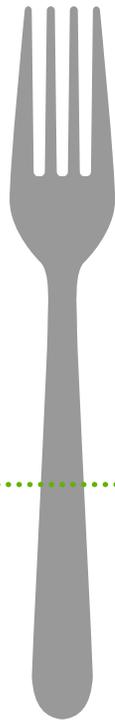
Includes fats from whole foods such as avocado, nuts and seeds. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, and coconut oil for cooking and baking.

## PROTEINS

Include a variety of healthy plant proteins such as legumes, nuts, seeds, and whole grains. A vitamin B12 supplement is also essential.

## WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.

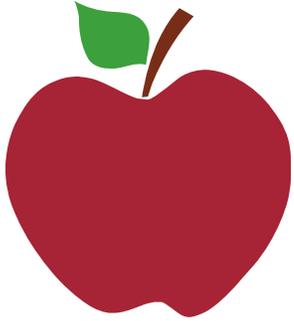


**BASTYR CENTER**  
FOR NATURAL HEALTH

*the teaching clinic  
of Bastyr University*

[www.BastyrCenter.org](http://www.BastyrCenter.org)

# Bastyr Vegetarian Healthy Plate



## FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

## VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.

## DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

## HEALTHY FAT

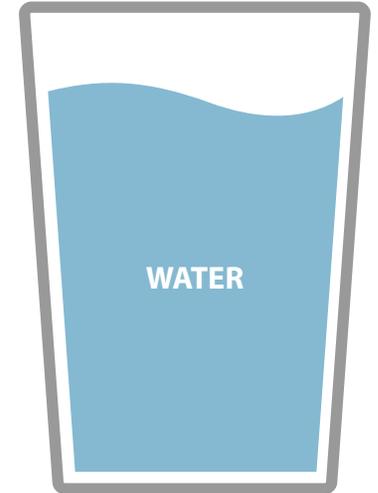
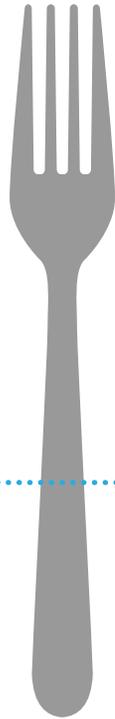
Includes fats from whole foods such as avocado, nuts and seeds. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

## PROTEINS

Include a variety of proteins such as legumes, nuts, seeds, eggs and dairy. Choose organic, free-range eggs and dairy foods if possible.

## WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.



**BASTYR CENTER**  
FOR NATURAL HEALTH

*the teaching clinic  
of Bastyr University*

[www.BastyrCenter.org](http://www.BastyrCenter.org)