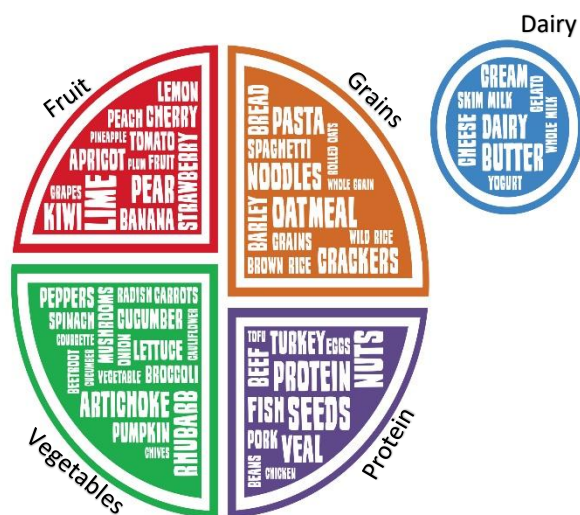


Myplate

Eat the rainbow by eating different colored fruits and vegetables. Natural occurring colors in plants are accompanied by different vitamins, minerals, antioxidants and phytonutrients.



Macronutrients

Carbs: 45-55% of daily caloric intake

Protein: 10-15% daily caloric intake

Fat: 25-35%

Fiber: Women 25g, Men 38g per day

One More

It adds up!

Eat just more serving per meal or day....

Add just more fruit or vegetable to a snack or meal

Fresh Produce

Farm-picked to transport to grocery store to you

Pros: Choose to eat raw or cook, texture, color

Cons: exposure to light, air and heat can lower nutrient content, wash before consuming, quick spoilage, bruises



Dried/Dehydrated

Moisture is removed, concentrating *all* nutrients and flavor

Pros: Concentrated in nutrients and flavor, grab n go, longer shelf life

Cons: Concentrated sugar spikes blood sugar faster, salts and sugars are added



Canned

Food is cooked during canning (or jarring) process. This is a method of preservation.

Pro: Convenient, precooked, no fuss open and serve, long shelf life, affordable

Cons: Extra salt and syrups are added, texture can be mushy, natural pigments dull, risk of botulism if can is dented



Frozen

Farm-picked to washed to frozen

Pros: Retains the fresh farm picked nutritional profile, long shelf life, normally does not have added salt or syrups

Cons: Altered texture

Protein

What is so important about protein?

- Growth, maintenance, repair of tissues
- Acts as enzymes
- Balances fluid and pH
- Transport lipids, vitamins, minerals, oxygen
- Provides caloric energy
- Converted into glucose for energy

Oh ok! So how am I supposed to get protein from a leaf??

- They are in all fruits, vegetables, grains, seeds, legumes, nuts and yes, meat.
- Meat has all essential amino acids, while plants do not. It is recommended to pair with complimentary amino acids.

Grains + Legumes

Legumes + Grains, nuts and seeds

Vegetables/Fruits + any from above

Fiber

Lowers cholesterol

Makes you feel full

Slows sugar absorption, (glucose spiking)

Eases and adds bulk to bowel movements

	Fiber / 2 Tbs	Fiber / ½ cup
Coconut Flour	6g	48g
Chia Seeds	10g	80g
Flaxseeds ground	4g	32g
Oatmeal	<1g	5g

Increase daily intake by 5grams for week 1, 10grams daily for week 2 etc..

Maria's Plantains

Ingredients

4 green plantains, peeled and cut in medium sized chunks
1 cup grated cheese and/or 1 cup cooked chorizo or chicharrones
4-5 Tb butter or margarine
2 Tb oil, canola or sunflower
1 Tb hot pepper or chili powder
1 tsp cumin
Salt to taste

Instructions

Melt butter over medium in large sauté pan
Add plantains turning every 10 min. Cook for 40 min until very soft, slightly golden but not too crispy.
Sprinkle plantains with the chili, cumin and salt
Transfer plantains to a bowl while hot and mash until chunky dough consistency.
Form 2.5in - 3in balls
Make a hole in the middle and fill with cheese or chorizo then reshape into a ball.
Fry in oil over medium heat or bake at 425°F until golden brown.

Kristina's CocoLoco Mango Bread

Yields 1 Loaf, 8 servings
1 1/3 Cup Coconut Flour
5 mangos mashed (keep juices)
1 Cup Greek Yogurt Plain
5 Tb Chia Seeds
2 tsp Baking Powder
½ tsp Salt

Instructions

Sift flour, baking powder and salt
Mix in mango, mango juice, and yogurt
Lastly add Chia Seeds
Bake 325°F 30-40 min

Stir Fry Cashew "Chicken" and Fried "Rice"

1 Cup raw quinoa
1 lb extra firm tofu, or 6 whole eggs scrambled
1 Cup chopped cashews
½ Cup frozen cubed butternut squash
2 Cloves Garlic minced
2 Tb Soy Sauce Low Sodium
2 Tb olive oil
1 Tb minced fresh ginger
Sliced Scallions for garnish

Instructions

Boil 1 cup water, add quinoa
Sautee ginger in olive oil, until aromatic
Add all ingredients while olive oil and quinoa is warm

Organics

Regulated by the USDA

Free of pesticides and harmful chemicals

100% Organic: made with only organic ingredients

Organic: only 95% of the product is organic

Made with Organic: 70%

Gmo

Genetically Modified Object

Traditional wild bananas' seeds were spread throughout the fruit not just along the center

Dirty Dozen

Peach	Apple	Bell Pepper
Celery	Nectarine	Strawberry
Cherry	Pears	Imported Grapes
Spinach	Lettuce	Potato

Clean 15

Onion	Sweet Corn	Pineapple
Sweet Pea	Mango	Eggplant
Cantaloupe	Kiwi	Cabbage
Watermelon	Sweet Potato	Grapefruit
Mushroom	Avocado	Asparagus

Questions? Visit these *reputable* sources:

<http://www.eatright.org/>

www.MoreMatters.org

<https://www.choosemyplate.gov/tools-supertracker>

<https://www.ams.usda.gov/grades-standards/organic-labeling-standards>

