

# Wellness and Healing Plate



For the best healing and wellness, fill half your plate or more with colorful vegetables and fruit, one quarter with proteins and another quarter with vegetables and whole grains, beans, nuts and seeds.

## How Your Body Heals

When you are healing, your body increases its “inflammatory response.” This normal action helps your immune system work and brings nutrients that help your body heal and stay well.

To work well, this process needs healthful foods, exercise and low stress. Too much of an inflammatory response may lead to chronic (long term) illnesses such as diabetes, heart disease and some cancers. What you eat and drink can help support your body’s natural ability to heal.

## A Healthful Eating Plan

A healthful diet is important. An eating plan that focuses on plants, fiber, protein and healthful fats can help you feel better and heal faster.

Protein is essential to a body that is healing.

### Sources of protein:

- beans and legumes such as lentils, chickpeas, and black, kidney and mung beans
- eggs and good quality cheese, kefir and greek yogurt
- wild salmon, grass fed beef, organic chicken, if possible

*(over)*

- plant proteins and grains such as quinoa, whole or steel-cut oats, wheat bran, oat bran and barley
- nuts and seeds such as nut butters, flax and chia seeds, almonds and walnuts.
- wild fatty fish such as salmon, herring, sardines and black cod.

### **To help you heal and to limit your inflammatory response:**

- vary what you eat and drink
- make half your plate vegetables and fruits
- make a quarter of your plate protein
- make a quarter of your plate vegetables, whole grains, and nuts and seeds
- choose organic when you can.

### **What to Eat and Drink**

Your plate should contain:

- a colorful mix of vegetables and fruits, more vegetables than fruit
- a mix of protein, carbohydrates and healthy fats.

### **Eat foods with phytonutrients**

Phytonutrients give your body extra help to heal. They also help reduce inflammation and increase antioxidants which may protect your cells and reduce your risk of chronic disease.

Examples of phytonutrients are beta-carotene, lutein and lycopene. Phytonutrients are found in colorful fruits and vegetables, whole grains, herbs and spices, beans, tea, and nuts and seeds.

### **Eat These Kinds of Foods**

Every day you should:

- eat 5 to 9 servings of vegetables and fruits
- eat lean meats and plant-based proteins\* at every meal
- include high fiber foods (½ to 1 cup)
- eat 2 servings of whole grains. One serving equals ½ cup.
- drink water and caffeine-free beverages such as oolong, white or green tea (eight, 8 ounce glasses a day)
- limit caffeine to 1 to 2 cups
- choose healthful fats such as avocados, olive oil and nuts
- add a variety of herbs and spices.

### **Eat Fewer of These Kinds of Foods**

To help you heal and stay well choose these foods and drinks less often:

- white foods such as bread, rice, pasta, and cream sauces. These foods are often processed and not as healthful for you.
- processed and refined grains, flours and sugars
- processed or fatty meats such as bacon and deli meats
- dairy products such as milk, processed cheese and ice cream
- alcohol.