

Health Clinic With Esta

SUPPORT EVERY STEP

Healthy Plate Guide

A simple visual framework for building balanced meals that support heart and metabolic health.

Plate Section	Aim For	Examples
1/2 plate	Non-starchy vegetables	Leafy greens, broccoli, cabbage, peppers, tomatoes, green beans
1/4 plate	Protein	Fish, chicken, eggs, beans, lentils, tofu
1/4 plate	High-fiber carbohydrate	Brown rice, oats, quinoa, whole grains, beans, sweet potato
Small portion	Healthy fat	Olive oil, avocado, nuts, seeds
Drink	Mostly water	Water, sparkling water, unsweetened tea

Quick tips

- Choose mostly whole or minimally processed foods.
- Pair carbohydrates with protein, fiber, and healthy fat when possible.
- Adjust portions to your hunger, medications, activity level, and health goals.
- For diabetes, kidney disease, pregnancy, or other medical conditions, ask your healthcare professional whether you need a more individualized eating plan.

Remember: A balanced plate is a flexible guide, not a rigid prescription. Consistency over time matters more than perfection.

Medical Disclaimer: This guide is for general health education and wellness planning only. It does not replace individualized nutrition or medical advice.