



## How to Use the AADI Healthy Plate

Healthy eating starts by following the ratio **2:1:1** - 2 portions of vegetable to every portion of protein (meat, fish or egg) and carb (rice, potato, naan). This AADI Healthy Plate will help and guide you in making healthier food choices.

Step 1: Fill **half** of the plate with **colorful vegetables**, for example:

- Broccoli, green beans, spinach
- Tomato, carrots, red bell peppers
- Mushrooms, onions
- Eggplant, red onions

### Step 2

Fill **quarter** of the plate with **carb**, and ideally more **complex carb**, for example:

- Brown rice
- Whole-wheat pasta
- Corn
- Peas
- Lentils



### Step 3

Fill **quarter** of the plate with **protein**, and ideally more **lean and/or plant-based protein**, for example:

- Tofu
- Low-fat cheese
- Low-fat paneer
- Fish

You may not be using a plate to eat, but use a bowl for your carb, while a plate for vegetable and protein. You can still follow this **2:1:1** principle!

