



Healthy Plate

Healthy Eating and Weight management

Fats

1-2 teaspoons

Avocado
Oils
Nuts and Seeds
Cheese
Butter



Flavors

Salt/pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



Water
Dairy/non dairy
Beverages
Flavored beverages
Diluted fruit juice
Unsweetened tea
Coffee

