



TAHOE FOREST CENTER FOR HEALTH

Power Up the Plate



Look down at your plate. Does it have color? Using a Healthy Eating Plate, like the Canadians Food Guide seen here, as a guide for creating healthy, balanced meals. The key is balance in the following food groups:

Mostly vegetable and fruits – $\frac{1}{2}$ of your plate:

Aim for color and variety, and that even consists of potatoes.

Whole grains – $\frac{1}{4}$ of your plate:

Whole wheat, barley, quinoa, oats, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white carbohydrates because it contains fiber. Fiber is key for heart health, blood sugar control, and weight management.

Protein sources – $\frac{1}{4}$ of your plate:

Power up the plate with protein: fish, poultry, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Try to

limit red meat, and avoid processed meats such as bacon and sausage.

Healthy fats – this is the garnish:

Try a variety of healthy vegetable oils like olive, canola, soy, sesame, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils and palm oil.

Harvest of the Month: Mushrooms

Even though they do not have a lot of color, they have a lot of power!

Mushrooms are known for the following health benefits:

- ✓ They have cancer-fighting benefits
- ✓ May help lower cholesterol with the powerful fiber
- ✓ Mushrooms have anti-inflammatory powers
- ✓ They may help in aging process
- ✓ And may help the planet by creating rich environments of farms, combat insects, absorb farm pollution, and more.

Raw or Cooked? The outside of mushrooms are tough, so can be more difficult on the digestive system. Grilling, sauté, or even baking can soften the mushroom cell wall. This may not only help your stomach but may release more nutrients hidden within.