

## **Introducing: DEELISH!**

### **Your New Healthy and TASTY Plate Program!**

As we kick off the New Year, we at BaySport in collaboration with Frank's BBQ and with your leaderships' approval proudly introduce: DEELISH!

#### **WHY?**

We know how hard you work; both on the job and at home. And it can be tough balancing a good eating plan – we get it! So, we want to make sure you have what you need to not just make it through the day but THRIVE with energy to spare!

We designed a custom meal template to promote nutrient-dense foods for optimal health.

#### **PORTION AND QUALITY ARE KEY!**

Foods are **portion sized** and categorized into **protein, carbohydrate, vegetables and healthy fats**.

Let's go through the key points to better understand how to build your plate!

#### **Protein= 1/4 the Plate:**

Protein is considered the building blocks of a healthy body, for repair and energy. A quality protein source can be from either an **animal source or plant source**. Animal sources of protein include fish, chicken, eggs, pork, dairy, and beef. Plant sources of protein include tofu, beans, chickpeas, and lentils. At times, plant source proteins may help save you money (offering more servings per dollar).

Averaging to be around a **3-ounce** portion of animal protein **OR** a **1-cup** portion of plant protein, the protein source should make up around  $\frac{1}{4}$  of the plate or about the size of a deck of cards. The aim is to choose a quality protein: non-processed, lower in sodium. Ideally grass-fed or pasture-raised, when possible,

#### **Carbohydrate= 1/4 the Plate:**

Carbohydrates are essential for our overall health and energy. When choosing a carbohydrate source, it is important to focus on two key things: the **TYPE** and **AMOUNT**. Choosing a quality type of carbohydrate means choosing one that is

complex, **less-processed, low in added sugar, and higher in fiber**. Examples: quinoa, lentils, brown rice, any whole fruit, oatmeal, beans, whole grain bread, and starchy vegetables (potatoes, corn, green peas). The amount of carbohydrates typically ranges between **½ cup to 1 cup servings**, or about the size of your fist.

### **Vegetables= ½ the Plate:**

Vegetables and fruits are a great source of vitamins and minerals. With lots of fiber, they can have a positive effect on blood sugar and help with weight management. Non-starchy vegetables should make up about **½** of your plate, or about **2-3 cups** (around 2-3 fists). Vegetables that are non-starchy include: brussel sprouts, cauliflower, tomato, eggplant, bell pepper, onion, spinach, and kale.

The key is to have a variety so **choose different colors** for your vegetable selections. Seasonal eating helps keep the variety, too!

### **Extras:**

Healthy fats are also important to incorporate at meals. Include a healthy fat source to your meals, such as olive oil, avocado, or nuts and seeds. Be mindful of the portion size and type of fat you eat, but be sure to make around 20-35% of your total daily calories from fat (no more than 10 percent from saturated fat).

**Set Healthy Limits:** Look to reduce your added sugar, added salt, and refined/processed foods. It's perfectly okay to OCCASIONALLY treat yourself – but planning and making those a rarity versus the norm makes all the difference. You'll find that by eating the right amount from the major food groups, you'll be more satisfied and less likely to have energy highs or lows.

### **Bottom Line**

When building your plate, it is important to remember and understand portion sizing and food categories. This template is a useful tool in helping you understand how to create a healthy, delicious and satisfying plate.

## **WE WANT TO HEAR FROM YOU!**

Look for exciting and delicious menu options at your next General Meeting!

Anonymous surveys will be available at the meeting so let us know if you have menu suggestions, etc.

If you have additional questions about the DEELISH! program's Healthy Plate or if you would like additional assistance with your meals, meal planning or need nutrition counseling feel free to email Martha at [martha.hagmaier@baysport.com](mailto:martha.hagmaier@baysport.com) to connect with Lauren, our Registered Dietitian.