

# NATURAL GROCERS®

## HEALTHY MEAL WHEEL

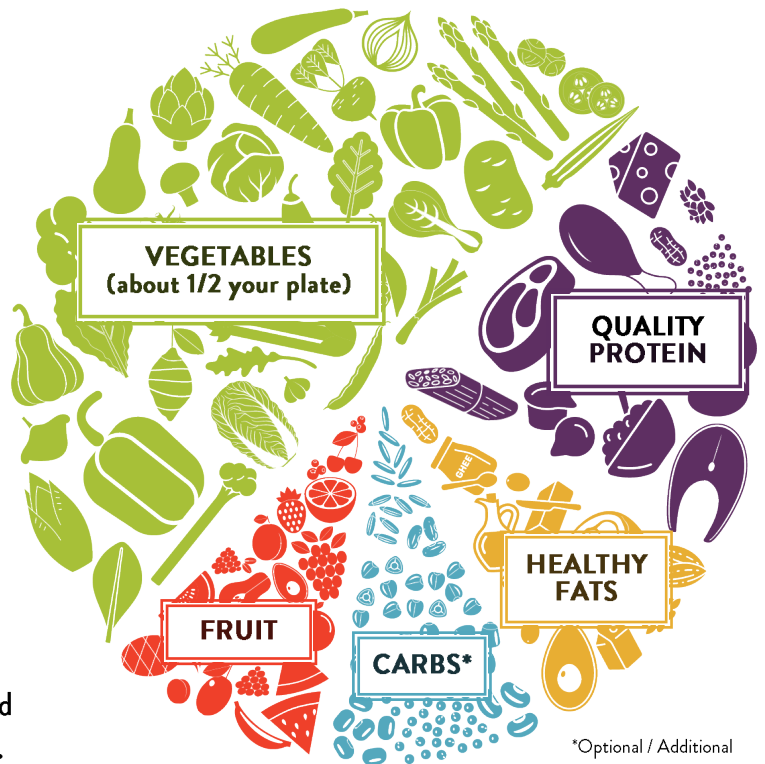
### BUILDING A HEALTHY MEAL WHEEL

By using the Natural Grocers Healthy Meal Wheel, you will find that building a balanced, healthy and delicious meal can be as easy as 1, 2, 3!



### HEALTHY FOOD IS DELICIOUS

Preparing tasty meals is essential for making a healthy diet work for you and for encouraging long lasting dietary changes. Incorporating healthy fats during cooking or as part of your food choices is important for increasing flavor and satiety. Utilizing salt, herbs, and spices is another great way to boost flavor and nutrition.



#### VEGETABLES (HEALTHY CARBOHYDRATES)

<b>Leafy Greens</b> Arugula Beet Greens Chard Collards Dandelion Greens Endive Kale Leaf Lettuce Mustard Greens Spinach	<b>Mushrooms</b> Button Cremini Shiitake Portobello	<b>Crucifers</b> Bok Choy Broccoli Brussels Sprouts Cabbage Cauliflower	<b>Nightshades</b> Eggplant Hot Peppers Peppers *Potatoes Tomatoes	<b>Root Vegetables</b> Beets Burdock Root Carrots Celery Root Daikon Jicama Parsnips Radishes Rutabagas Turnips
<b>Summer Squash</b> Yellow Squash Zucchini	<b>Onion Family</b> Garlic Green Onions Leeks Onions Shallots	<b>Miscellaneous</b> Artichokes Asparagus Avocado Bean Sprouts Cucumber Celery Fennel Green Beans	<b>Winter Squashes</b> *Acorn *Butternut *Carnival *Delicata *Hubbard *Kabocha *Pumpkin Spaghetti Squash	<b>Herbs &amp; Spices</b>

\*Higher Carbohydrate Vegetables

#### QUALITY PROTEIN

<b>Animal Based</b> Beef Bison Boar Chicken Duck Eggs Elk Fish Game Meat Lamb Liver Ostrich Pork Seafood Turkey	Venison Yak
<b>Vegetarian</b> Beans Cheese Cottage Cheese Eggs Greek Yogurt, plain Legumes Lentils Nuts Quinoa Seeds Tempeh Tofu	

#### HEALTHY FATS

Avocado Butter Cream Coconut Oil Ghee ( <i>clarified butter</i> ) Lard or Tallow ( <i>grass-fed</i> ) Nuts & Seeds Olive Oil	Olives Palm Oil ( <i>sustainably sourced</i> ) Sesame Oil Fat from Quality Protein
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#### FRUIT

Apple Apricot Banana Berries Cantaloupe Cherries Dates Figs Grapefruit Grapes & Raisins Honeydew Kiwi	Mango Nectarine Orange Papaya Peach Pear Pineapple Plum Prunes Strawberries Watermelon
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#### CARBS (OPTIONAL / ADDITIONAL)

<b>Grains</b> Amaranth (GF) Brown Rice (GF) Buckwheat (GF) Corn (GF) Millet (GF) Quinoa (GF) Teff (GF) Wild Rice (GF) Oats	<b>Legumes</b> Adzuki Beans Anasazi Beans Black-eyed Peas Black Beans Garbanzo Beans Kidney Beans
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GF = Gluten Free

#### FOUNDATIONAL5<sup>SM</sup>

Multivitamin EPA / DHA Magnesium Vitamin D Super Nutrients*
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\*Visit [naturalgrocers.com/foundational-5](http://naturalgrocers.com/foundational-5) for more information

# HOW TO BUILD A HEALTHY MEAL



## 1. FILL HALF OF YOUR PLATE WITH VEGETABLES

Vegetables are nutrient-dense sources of complex carbohydrates. Non-starchy vegetables are a source of energy that will help to maintain healthy blood sugar and insulin levels, and they contain many vitamins, minerals and phytonutrients to support health. Starchy vegetables such as sweet potatoes, winter squash and potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs. Choose a variety to maximize the number of nutrients you take in.



## 2. CHOOSE QUALITY PROTEIN

Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health at any age. Complete proteins include eggs, meat, fish, seafood, and poultry. In addition to being a complete protein, a *quality* protein is organic, naturally-raised or wild-caught as these do not contain unhealthy hormones, pesticides or preservatives and are more nutrient-dense. Vegetarians should consume a variety of protein sources from fish or eggs (if pesco- or ovo-vegetarian), beans, legumes, and lentils, nuts and seeds, and higher protein, gluten-free grains like quinoa to ensure they are acquiring all the essential amino acids they need. Grain-based proteins should be consumed in moderation due to their higher carbohydrate content.



## 3. INCLUDE HEALTHY FATS

Fat is *essential* for optimal health and wellness because it helps build healthy cells and is a major energy source for the body. Often, healthy fats are a component of the quality protein you already have on your plate. Foods like organic whole eggs, pasture-raised meats and wild-caught, cold-water fish are all excellent sources of healthy fats. In addition to eating these foods, you can prepare or garnish food with extra virgin olive oil, coconut oil, organic butter and ghee to get the healthy fats you need. You may also want to incorporate foods like avocados and organic nuts and seeds into your diet, as these foods are naturally high in healthy fats and make great snacks throughout the day.



## OPTIONAL / ADDITIONAL CARBOHYDRATES

Some people may want to add additional carbohydrates to meet their energy needs. Starchy vegetables and fruits are the most nutrient-dense and preferred source of additional carbohydrates to meet these needs. Grains offer an alternative and affordable source of carbohydrates, but are recommended less often due to their low nutrient density and high-carbohydrate content. In addition, grains and legumes require special preparation, such as soaking and/or sprouting, to ensure their nutrients are bioavailable.

