



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TOGETHER IN NUTRITION

Plate Balancing

Plate balancing is

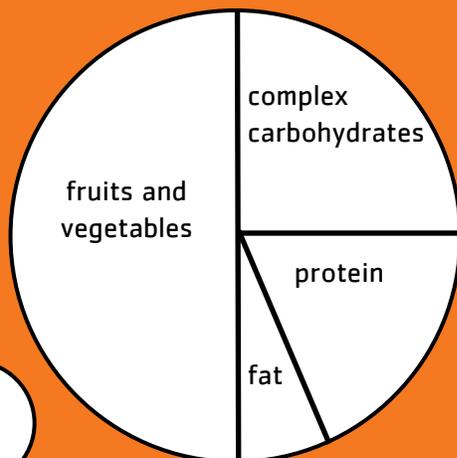
- A loose way to visualize gentle nutrition while having the freedom to choose options that fit your individual taste buds, cravings, price range, and culture
- Based off the body's
 - Biological need for
 - The macronutrients: carbohydrates, protein, and fat
 - The micronutrients: vitamins and minerals
 - Emotional/Psychological need for
 - Satisfying food in accordance to one's preferences, desires, and cravings

Deprivation doesn't work

- There is room for "fun food" in gentle nutrition!
 - Food that is for pleasure and satisfaction and may more commonly be known as "junk food"
 - When we make peace with food and know all food can be included in our day in a balanced way, the allure of wanting large amounts of foods like chocolate, cake, or chips dwindles away
 - *Come to the workshop for an extended discussion on this topic!*

The body needs fuel every 3-4 hours

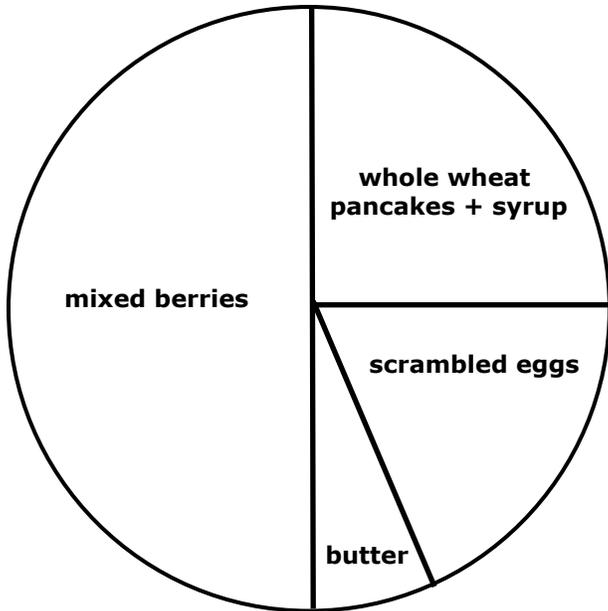
- Without this your body may be slowing your metabolism to compensate for the lack of energy it is receiving!



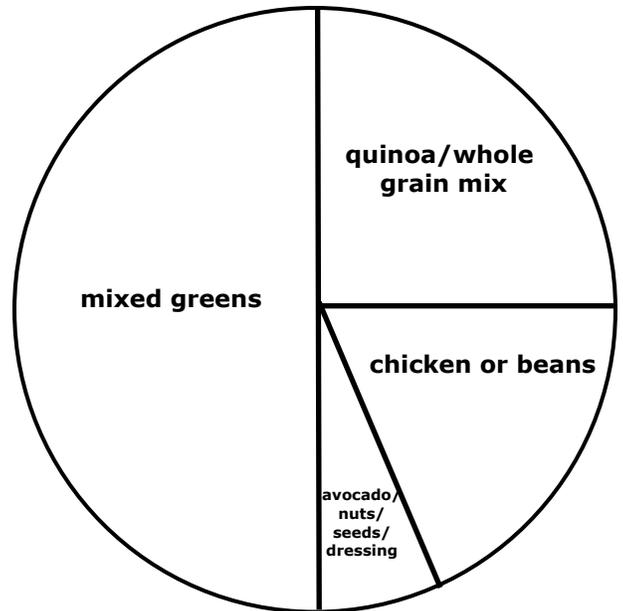
Questions to ask yourself when planning meals and practicing gentle nutrition:

- What foods sounds satisfying to me?
- What foods do I enjoy eating?
- Are there foods I fear that I enjoy eating?
 - If so what do I fear about them and how can I begin to incorporate them in a satisfying way? *Come to the Q and A in the workshop!*
- Did I include a balance of food in my day that was both *physically* nourishing and *emotionally/psychologically* satisfying?
- Did I listen to my internal hunger and fullness cues to tell me when to start and stop eating?
- Did I listen to what satisfies me- not anyone else?

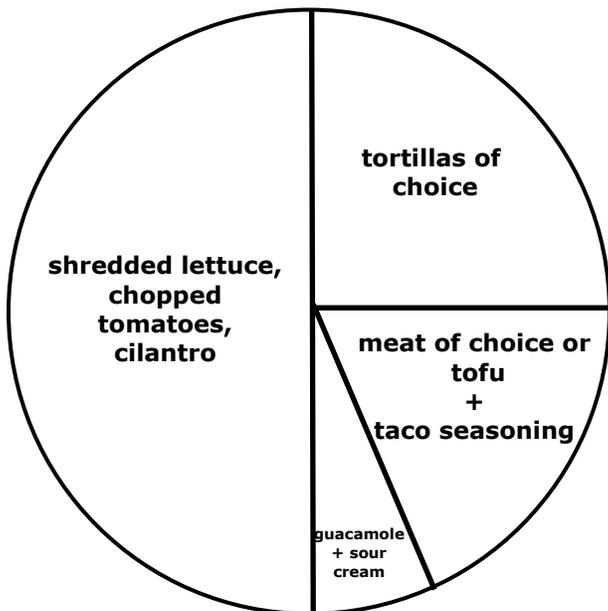
Breakfast



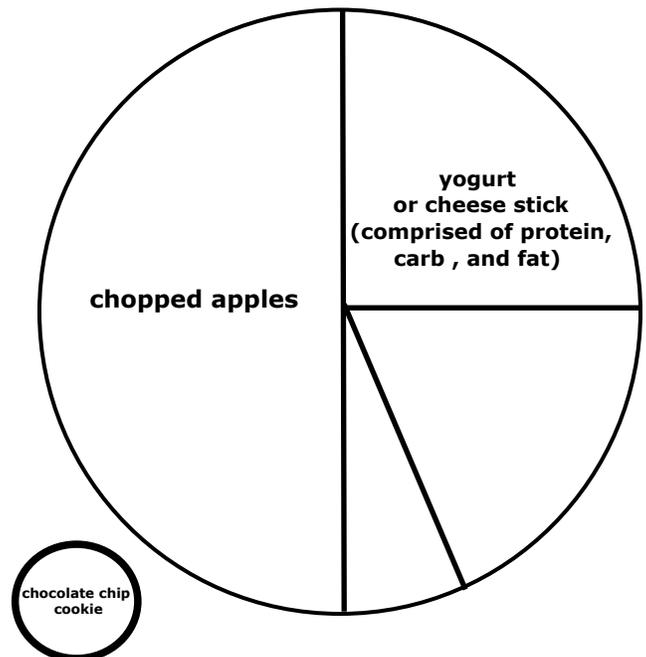
Lunch (salad)



Dinner



Snack



A balanced plate is still possible while eating out!

You can still incorporate your favorite foods at restaurants while making an effort to balance your plate.

Example: A work lunch at a Thai restaurant. Curry sounds great and that curry includes chicken and some veggies plus fat from the coconut milk. All that's left is the carbohydrate group- brown rice would be a great choice. Another way is to sample dishes with co-workers as well to build a plate. For example- a Thai salad (veggies and protein), some pad thai (carbs, fat, protein), and your choice of cur-ry. Remember that the company you eat with and the ambiance of the restaurant are part of the eating experience too!