

A BALANCED DIET GUIDE

NUTRIENT	GOOD SOURCES		SERVINGS
PROTEINS	Beef (grass fed)	Turkey	3 to 5 servings/day 1 serving = 3–6oz or approximately the size of your palm
	Chicken	Seafood & Fish (wild-caught salmon, tuna, halibut, bass, shellfish)	
	Dairy (cheese, yogurt)		
	Eggs (whole)		
	Lamb		
DAIRY	Butter	Milk	Up to 2 servings/day
	Cheese	Yogurt	Serving size varies
Can be sourced from grass-fed cows, goats, or sheep.			
FIBROUS VEGETABLES	Asparagus	Leafy Greens (spinach, kale, collards, etc)	5+ servings/day
	Broccoli		
	Brussels Sprouts	Lettuce (romaine, red leaf, arugula, endive)	
	Cabbage	Mushrooms	1 serving = 1 cup or approximately 2 cupped hands
	Cauliflower	Onions	
	Celery	Peppers	
	Cucumber	Summer Squash & Zucchini	
	Eggplant	Tomatoes	
	Green Beans		
STARCHY VEGETABLES	Beets & Root Vegetables	Sweet Potatoes or Yams	1 to 2 servings/day
	Carrots	Winter Squash (acorn, butternut, pumpkin)	1 serving = 1/2 cup
	Potatoes (red, gold, purple)		
GRAINS	Amaranth	Quinoa	1 to 2 servings/day
	Buckwheat	Rice (whole grain brown, basmati, wild, etc)	1 serving = 1/2 cup cooked or 1/4 cup dry
	Millet	Teff	
	Oatmeal (steel cut or rolled)		
FRUITS	Apples	Citrus	1 to 3 servings/day 1 serving = 1 cup or 1 medium piece
	Bananas & Plantains	Figs	
	Berries	Grapes	
	Cherries	Mangos	
		Melons	
	Stone Fruits (apricots, peaches, plum, nectarines)		
LEGUMES	Beans (black, garbanzo, kidney, etc)	Peas (sweet, split)	Up to 2 servings/day
	Hummus	Lentil (green, red, yellow)	1 serving = 1/2 cup
OILS	Avocado	Sunflower Oil	4 to 6 servings/day
	Coconut Oil	Sesame Seed Oil	
	Olive Oil	Walnut Oil	1 serving = 1 tsp
All oils should be raw, cold-pressed, extra virgin, and preferably organic.			
NUTS & SEEDS	Almonds	Flaxseeds	Up to 2 servings/day
	Coconut	Pumpkin	
	Pecans	Sunflower	
	Walnuts	Sesame	
		Nut Butters	
	Avocados*		
	Olives*		
*Fruits, but high in fat content			
All nuts and seeds should be raw, and preferably soaked and sprouted.			

Disclaimer: This list provides an example of foods to choose from and is not entirely inclusive of all foods that can be consumed on a healthy and balanced diet. It is also not to be used as a diagnostic tool. Always consult with a qualified healthcare professional before making changes to your diet.

