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Build a Balanced Plate

Exact portion sizes may vary based on your dietary needs, but you can use this as a general guide to building a balanced plate at every meal. Ask your on-site Registered Dietitian for personalized guidance.

*Not a complete list

Sources:

USDA ChooseMyPlate. <https://www.choosemyplate.gov/>. Accessed 6/16/2020.

USDA & USDHHS. Dietary Guidelines for Americans 2015-2020, 8th Edition. Updated 12/1/2015. <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>. Accessed 6/16/2020.

Vegetarian Nutrition, a Dietetic Practice Group of the Academy of Nutrition and Dietetics. Protein in Vegetarian and Vegan Diets. Updated 2019. <https://vegetariannutrition.net/docs/Protein-Vegetarian-Nutrition.pdf> Accessed 6/16/2020.

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