



Think 5. Every Nutrient. Every Meal.

Five Fingers



- 1 Fruits/Vegetables[^]
- 2 Carbohydrates^{*†}
- 3 Proteins^{**}
- 4 Healthy Fats^{**}
- 5 Fluids

* Look for at least 4 grams of fiber per serving.

** Some foods fall into multiple categories. For example, nuts and seeds contain both protein and fat.

† All starchy vegetables are considered carbohydrates.

[^] With fruits and vegetables, the more color, the better.

A balanced meal has one item from each category

1 FRUITS/ VEGETABLES	2 CARBOHYDRATES	3 PROTEINS	4 HEALTHY FATS	5 FLUIDS
fresh fruits	plain oatmeal, high-fiber/ low-sugar cereal, gluten-free cereal	farm-fresh whole eggs	avocado slices, guacamole, hummus	water with lemon, lime, or cucumber slices for natural flavor
frozen fruits	fresh baked sourdough, sourdough spelt, 100% whole wheat bread, English muffins, pita sandwich thins, crackers, gluten-free bagels	fish, shellfish, poultry, grass-fed beef, bison, lamb, pork	oils: extra-virgin olive, peanut, coconut, sesame, canola, avocado, ghee, grass-fed butter	seltzer water, maple water, coconut water (avoid artificial sweeteners)
dried fruits (in small amounts)	high-fiber waffles or pancakes	beans, lentils, hummus, tofu, tempeh, edamame, soynuts	seeds: chia, hemp, sunflower, flax, sachi inchi, pumpkin	unsweetened tea: green, black, herbal (hot or iced), kombucha
fresh vegetables (nonstarchy)	brown rice, wild rice, whole wheat pasta, buckwheat (soba) noodles, gluten-free pasta	milk, yogurt, cottage cheese, cheese, kefir	unsweetened dried coconut, cacao nibs	fresh pressed juice diluted with water or seltzer 4 to 6oz
frozen vegetables (nonstarchy)	quinoa, couscous, bulgur, teff, farro, wheat berries, spelt, rye, millet, kamut, amaranth, barley, buckwheat	nuts, nut butters (peanut, almond, cashew, pistachio, soy-nut, macadamia, walnut)	nuts, nut butters (peanut, almond, cashew, pistachio, soy-nut, macadamia, walnut)	fresh vegetable juice
fresh juice diluted with water or seltzer water	starchy vegetables: potato, sweet potato, yam, turnip, winter squash, peas, corn, polenta, yucca, plantains, beets	protein powder: grass-fed whey, pea, hemp, egg white, chia, rice, sacha inchi, cricket, chlorella	omega-3 fish oil capsules, seaweed, vegan omega-3 capsules (microalgae oil)	milk: cow, goat, sheep, coconut, almond, rice, hemp, soy, lactose-free