



REAL FOOD MOMS BALANCED PLATE FOR THE S.A.D. STATE MIX AND MATCH

To make a meal, choose one item from each category in the recommended portion size and enjoy! www.realfoodmoms.com

Remember: carbs grow out of the ground and most protein walks around. Fats leave an oily mark behind.

CORE VEGGIE CARBS

Low Glycemic Load
High Water Content/Fiber
Cupped-Hands Portion
(2-3 Meals per day)

Leafy Greens:

Bok Choy, Broccoli Raab,
Chard, Collards, Dandelion
Greens, Escarole, Kale,
Mustard Greens, Spinach
etc.

Low Glycemic Veg:

Artichokes
Asparagus
Broccoli
Brussels Sprouts
Cabbage (any kind)
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Fennel
Garlic
Green Beans
Leek
Lettuce (any kind)
Onions
Peppers
Radish
Spaghetti Squash
Sprouts (any kind)
Sugar Snap/Snow Peas
Summer Squash
Tomatoes
Zucchini, etc

CORE SWEET CARBS

Low to Mid-Range
Glycemic Load
Fist-Sized Portion

Starchy Vegetables:

Beets, Parsnip, Sweet
Potato, Pumpkin, Turnip,
Winter Squash, (Acorn,
Butternut, Delicata, etc.),
Yam, etc

Legumes:

All Beans (Aduki, Black,
Garbanzo, Lentils, Lima,
Navy, etc.) * Beans are ½
high fiber carb and ½
protein
Peas (Black-Eyed, Snow,
Split, etc.)

Whole Grains:

Mid-Range to High
Glycemic Load
Amaranth, Barley,
Buckwheat (Kasha), Corn,
Millet, Oats, Quinoa, Rice
(Stick to whole grain, like
brown, wild, basmati, etc.),
Spelt, Whole Wheat Pasta
(Soba or Udon Noodles)

Low Glycemic Load

Fruits:

Apples, Blueberries,
Cantaloupe, Grapes,
Melons, Oranges, Peaches,
Pears, Raspberries,
Strawberries, Watermelon,
etc

CORE PROTEINS

Choose Organic, Low-Fat
Versions Whenever Possible
Palm-Sized Portion

Beans: Aduki, Black,
Garbanzo, Lentils, Lima,
Navy, etc. * Beans are ½
high fiber carb and ½
protein

Beef, Lamb and Pork:

All Lean Cuts

Fish/Seafood (KidSafe):

Farmed Bay Scallops,
Farmed Blue Mussels,
Sardines, Tilapia, Wild
Alaskan Salmon, etc.

Poultry:

Chicken, Turkey

*Soy Products:

Edamame (Fresh Baby
Soybeans), Tempeh, Tofu,
TVP (Textured Vegetable
Protein: like Morning Star
Beef Crumbles)
*Limit these to no more
than one serving per day.

Eggs / Egg Whites

Dairy:

Low-Fat Cottage Cheese,
Low-Fat Cow or Goat
Cheeses, Plain Low-Fat
Yogurt, Low-Fat Milk * ½
sweet carb and ½ protein

CORE FATS

Choose Organic,
Fresh/Raw Versions
Whenever Possible
Thumb-Sized Portion:

*Butter:

(1 Teaspoon)
Ghee (Clarified Butter)
*Avoid margarine unless
completely non-
hydrogenated, like Earth
Balance Natucol.

Oils:

(1-2 Tablespoons)
Avocado oil, Cold pressed
olive oil, Flaxseed oil (no
heat), Grapeseed best for
no flavor/baking,
Macadamia nut oil,
Sesame oil, etc

Nuts and Seeds:

(App. 1 Tablespoon)
Raw, unsalted best:
Almonds, Cashews,
Chestnuts, Hazelnuts,
Nut Butters, Pecans, Pine
Nuts, Pumpkin Seeds,
Sesame Seeds, Sunflower
Seeds, Walnuts, etc

Spreads:

(1-2 Tablespoons)
Avocado/Guacamole,
Hummus, Pesto, etc