

Plant-based Eating

Your Prescription for Health

THE PLANT-BASED PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



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For good nutrition also choose each day:

- 5 fruit servings. A serving is a small orange, banana, or apple, or 1 cup of berries or nukes.
- 2 to 3 cups of a milk substance, such as almond, soy or hemp.
- A small amount of healthy fat, such as extra virgin olive or canola oil, or a small handful of nuts.

This program aims to empower you to:

- Eat plant-strong, along a spectrum that works for you.
- Reduce your risk of chronic conditions and associated symptoms.
- Improve your overall health while helping you feel your best

Taught by Heather D'Eliso Gordon, RD, CSSD kp.org/mydoctor/heathergordon

Open to Kaiser Permanente members

Single session, 90-minute class
2nd Wednesdays 12:00-1:30 and
4th Wednesdays 3:00-4:30 of each month

For more information and to register, call the
Health Education Department at 415-833-3450
or email SFhealth@kp.org

[Class handouts link](#)



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