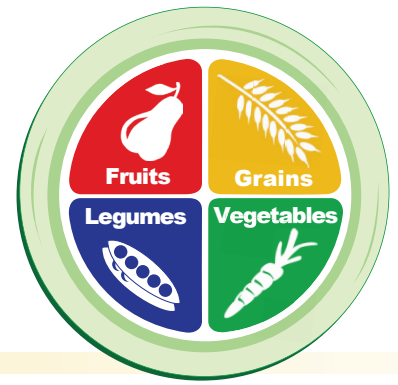


Make Every Meal a POWER PLATE Meal

Fill your plate with a variety of whole grains, legumes, and plenty of colorful vegetables and fruits for a powerfully healthy diet.



**What makes
the foods on the
Power Plate
so great?**

**Here's a
sampling:**

FABULOUS FIBER

Power Plate foods are high in fiber, which keeps things moving in your digestive system. It also can help lower cholesterol, promote weight loss, and keep your blood sugar normal. High-fiber champions include beans, peas, fresh fruit, whole grains, and vegetables. Aim for 40 grams or more each day: A half cup of beans contains about 7 grams of fiber, a half cup of uncooked oatmeal contains 4 grams, and a medium-sized apple contains 3 grams. Animal products have no fiber.

The only supplement recommended is vitamin B12 and, for those who are low, vitamin D. Let food be your medicine!

CLEVER CALCIUM

Everyone knows calcium is important for building and keeping strong bones. Ample calcium is in “greens and beans” and foods that are often fortified with calcium, such as breakfast cereal, soymilk, tofu, and orange juice. Aim for 600 milligrams a day: One cup of cooked collard greens contains 357 milligrams of calcium, one cup of cooked soybeans contains 175 milligrams, and calcium-fortified soymilk and orange juice each contain 200 to 300 milligrams. In addition to calcium, build your bones with exercise, by keeping salt low, and by avoiding cigarettes and animal proteins.

INTELLIGENT IRON

Iron helps red blood cells carry oxygen from the lungs to the tissues. Iron in meat has been linked to insulin resistance and diabetes—and nobody wants those! Good Power Plate plant sources of iron include lentils, beans, spinach, tofu, molasses, raisins, and fortified cereal.

DELIGHTFUL “D”

Along with calcium, vitamin D is needed to strengthen your bones. Vitamin D also reduces the risk of diabetes and heart disease. The best sources are sunlight, fortified cereals, and fortified soymilk. Aim for 15 minutes of sun exposure if you are fair-skinned, or 200 to 600 IUs daily depending on your age. The older you get, the more vitamin D your body needs. One cup of fortified soymilk contains 100 IUs and one-fifth of a block of tofu contains 120 IUs. Have your vitamin D level checked and take a supplement if low. People living north of Atlanta often don't get enough sun to make enough vitamin D.

POTENT PROTEIN

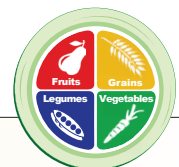
No worries here—plant foods, such as legumes, grains, and vegetables, are packed with all the protein you need—even enough for pregnant moms and world-class athletes.

OH MY! OMEGA-3 FATTY ACIDS

This much talked about nutrient can reduce inflammation, increase blood flow, and lower cholesterol. Do you know why fish are high in omega-3 fatty acids? Because they eat plants! You can get all the omega-3s you need from plant foods, too, without the cholesterol and contaminants found in fish. The best plant sources are ground flaxseeds, walnuts, cauliflower, soybeans, tofu, and Brussels sprouts.

BECAUSE WE NEED “B”

Vitamin B12 is very important for healthy nerves and to maintain normal amounts of red blood cells. People are sometimes low in B12 because they don't get enough from foods or have trouble absorbing it due to age or certain medications. Vitamin B12 is in fortified cereals, fortified beverages, and fortified nutritional yeast. Get 2.4 micrograms in a daily vitamin.



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Visit ThePowerPlate.org for more details.

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