



## Plate!

## **Fruits**

Include fruit that is high in vitamin  ${\it C}$  like citrus fruits, melons, and strawberries. Legumes Legumes are a good source of fiber and protein, not to mention iron, calcium, zinc, and B vitamins.

## Whole Grains

vvnoie grains are rich in fiber and other complex carbonyarate	25,
as well as protein, B vitamins, and zinc.	
П	
Graine	
Vegetables	
Include a wide variety of different colors. Dark leafy greens for vi	tamin
C, iron, and calcium, and orange vegetables, for beta-carote	
Ц	
П	_ <b>_</b>



## Power Plate Grocery Shopping List

FRUITS	Your Personal Shopping List
☐ Bananas	
Apples	
☐ Berries (fresh or frozen) ☐ Raisins	
Li Raisins	
VICETA DI IO	
VEGETABLES	
☐ Broccoli (fresh or frozen)	
☐ Spinach (fresh or frozen) ☐ Sweet potatoes	
☐ Kale	
□ Lettuce	_
☐ Carrots	
☐ Cucumbers	
☐ Canned tomatoes	D
WHOLE GRAINS	
Rolled oats	
☐ Brown rice	
☐ Quinoa☐ Grain products including high-fiber breads and pasta☐	
Grain products including high-liber breads and pasta	
DEANS // ECUMES	
BEANS/LEGUMES	
<ul><li>□ Black beans (canned or dried)</li><li>□ Garbanzo beans (canned or dried)</li></ul>	
☐ Dried red lentils	_
☐ Frozen edamame	D
OTHER	
☐ Plant milk of choice (soy, rice, almond, etc.)	
☐ Apple butter	
☐ Balsamic vinegar	
☐ Cinnamon	
☐ Marinara sauce	
☐ Mustard ☐ Soy sauce	
in Soy sauce	D



Physicians Committee for Responsible Medicine

Try the Power Plate and discover a healthier way to live!

www.ThePowerPlate.org