



# HEALTH AND WELLBEING CHECKLIST

Date 

9

## Creating a Balanced Plate

A balanced plate ensures you get essential nutrients for energy, health, and well-being. Use this checklist to create a nutritious and well-rounded meal.

### Start with Vegetables

- Fill half your plate with a variety of colourful vegetables.
- Example: Include spinach, carrots, and bell peppers for diverse nutrients.



### Add a Lean Protein

- Dedicate a quarter of your plate to protein.
- Example: Grilled chicken, tofu, or beans are excellent choices.



### Include Whole Grains

- Fill a quarter of your plate with whole grains or starchy vegetables.
- Example: Brown rice, quinoa, or sweet potatoes.



### Incorporate Healthy Fats

- Add a source of unsaturated fat in moderation.
- Example: Drizzle olive oil, sprinkle nuts, or add avocado slices.



### Choose Low-Fat or Dairy Alternatives

- Include a small portion of dairy or plant-based alternatives.
- Example: A side of yoghurt or a sprinkle of cheese.



### Limit Added Sugars

- Avoid sugary sauces or dressings.
- Tip: Use herbs, spices, or lemon juice for flavour.



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## Creating a Balanced Plate

### Monitor Portion Sizes

- Use your hands as a guide: protein the size of your palm, grains a fist, and fats a thumb.
- Stay Hydrated



### Pair your meal with water, herbal tea, or another unsweetened beverage.

- Plan for Variety
- Rotate ingredients throughout the week to avoid monotony and ensure nutrient diversity.



### Balance Treats Mindfully

- Allow occasional indulgences but keep them in moderation.
- Example: A small square of dark chocolate as dessert.



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