Fridge card: the healthy plate

A simple method for every meal

½ VEGETABLES & FRUIT: salad, roasted vegetables, berries, an apple	¼ WHOLE GRAINS: brown rice, oatmeal, quinoa, whole-wheat bread	¼ PROTEIN: beans, lentils, fish, eggs, tofu, nuts

- Drink water instead of sugary drinks
- Add healthy fats: olive oil, nuts, avocado
- Less salt, more herbs and spices
- Red and processed meat less often