



Healthy Eating Basics — Where to Start

Mini-brochure: plate method, portion cues, pantry staples, smart swaps, 7-day start plan, snack ideas, hydration & common mistakes.

Plate Method — A Simple Template

Section	What to add	Examples
½ plate veg	non-starchy vegetables	leafy greens, cucumber, tomatoes, broccoli, peppers
¼ plate protein	lean or plant protein	chicken, fish, eggs, tofu, beans, Greek yogurt
¼ plate smart carbs	whole grains/starchy veg	brown rice, quinoa, whole pasta, potatoes, corn
+ healthy fats	small add-ons for taste	olive oil, avocado, nuts, seeds, olives

Portion Cues (hand guide, approx.)

- Protein: palm of your hand (1 portion).
- Carbs: cupped hand (1 portion).
- Fats: thumb (1 portion).
- Veggies: two cupped hands (1 portion).

Pantry Staples — Build a Base

- Proteins: eggs, canned tuna/salmon, beans/lentils, tofu/tempeh, Greek yogurt.
- Carbs: brown rice, quinoa, oats, whole-grain pasta, whole-grain bread/wraps.
- Veg/Fruit: frozen veg mixes, leafy greens, tomatoes, onions, seasonal fruit.
- Fats & Flavour: olive oil, nuts/seeds, spices, garlic, lemon, vinegar.

Smart Swaps (easy wins)

Instead of	Try	Why
Sugary soda	sparkling water + citrus/mint	less sugar; still refreshing
White bread	whole-grain wrap/bread	more fibre & fullness
Fried snacks	nuts + fruit or air-popped popcorn	better fats/fibre
Heavy cream sauces	yogurt-based or tomato sauces	lighter yet satisfying
Late-night sweets	Greek yogurt + berries + cinnamon	protein + sweet hit

7-Day Start Plan (mix & match)

Day	Breakfast	Lunch	Dinner
Mon	Overnight oats + berries	Chicken/bean salad bowl	Baked salmon/tofu + veg + quinoa
Tue	Yogurt + fruit + nuts	Whole-grain wrap + veggies	Turkey/chickpea chili + rice
Wed	Veg omelette + toast	Leftovers + side salad	Pasta (whole-grain) + tomato sauce + veg
Thu	Smoothie (fruit+greens+protein)	Rice bowl: tofu/egg + veg	Stir-fry + brown rice



Fri	Oats + banana + peanut butter	Soup + whole-grain toast	Taco bowl (beans/chicken) + salsa
Sat	Cottage/Gk yogurt + fruit	Grain-veg-protein 'buddha' bowl	Roast chicken/tempeh + veg + potatoes
Sun	Pancakes (oat) + berries	Mediterranean bowl	Fish/legumes + veg + pasta/rice

Smart Snacks & Hydration

- Snacks: fruit + nuts; hummus + veg; yogurt + berries; cheese + whole-grain crackers.
- Hydration: water first; tea/coffee OK; limit sugary drinks; add electrolytes for heat/workouts.

Common Mistakes (and quick fixes)

- All-or-nothing mindset. Fix: change ****one**** meal at a time; build habits.
- Skipping protein/fibre → hunger rebounds. Fix: add both to each meal.
- Tiny breakfasts and large late dinners. Fix: balance earlier in the day.
- Under-salting on whole-food diets. Fix: season to taste; include minerals.



Scan the QR to open the full article with more examples and tips.