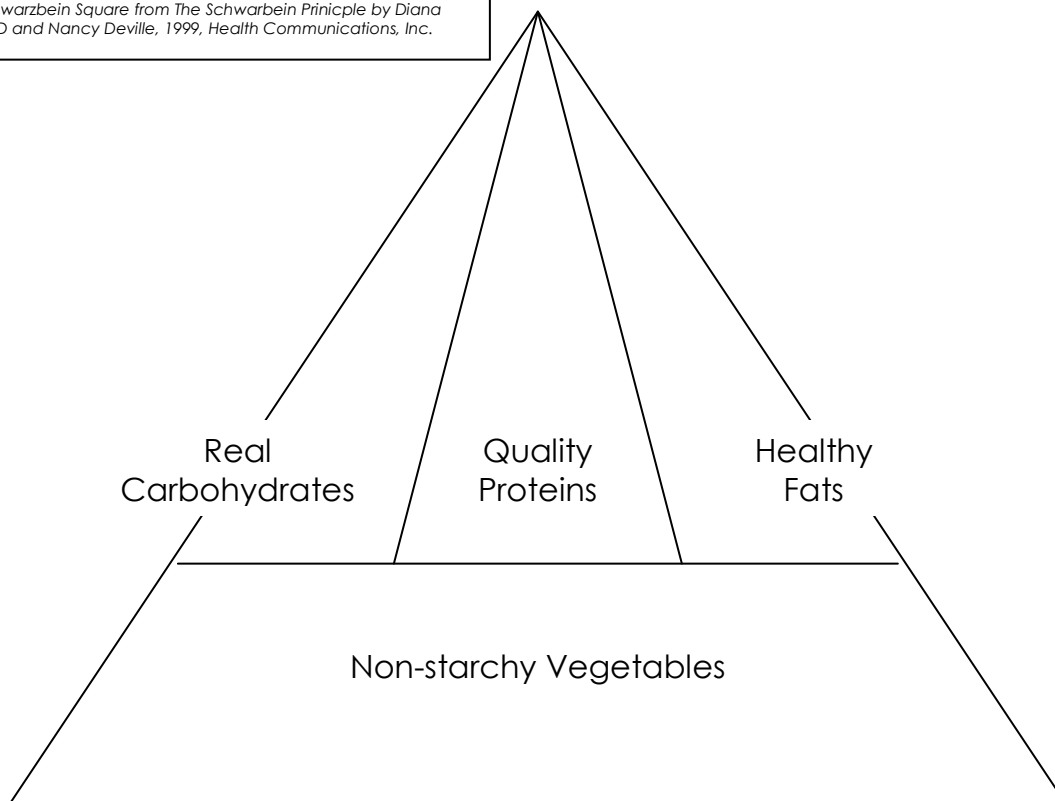


The Whole Foods Pyramid:

Health begins with real foods

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Based on the Schwarzbein Square from The Schwarzbein Principle by Diana Schwarzbein, MD and Nancy Deville, 1999, Health Communications, Inc.



The Whole Foods Pyramid Nutrient Groups

Aim to have a balanced meal/snack by consuming a protein, healthy fat, real carbohydrate, and quality protein.

Non-Starchy Vegetables – consume non-starchy vegetables at each meal and snack: Examples include: lettuces and leafy greens, asparagus, broccoli, cauliflower, raw carrots, celery, cabbage, cucumber, green beans, onions, peppers, radishes, snow peas, spaghetti squash, summer squashes, tomatoes, etc.

Daily Recommendations: Aiming to consume a minimum of 5 cups per day: 1 cup at meals and $\frac{1}{2}$ cup at snacks for ages 13 to adult and a minimum of 2-3 cups per day: ex. $\frac{1}{2}$ cup at meals and $\frac{1}{4}$ cup at snacks for ages 6 to 12.

Quality Proteins – fish, lean cuts of red meat, poultry, eggs, nuts, seeds, beans, and legumes.

- Daily Protein Needs:
 - Child ages 6 to 12: calculate by multiplying weight in pounds by .55 =grams/day
 - Women: approximately 60 to 70 grams per day
 - Men: 70 to 80 grams per day

Real Carbohydrates – fruit, legumes, whole grains, and starchy vegetables. Examples of starchy vegetables: acorn, and butternut squash, beets, cooked carrots, corn, peas, turnips, sweet potato yams, okra, and potato.

Healthy Fats – eat healthy fats at each meal and snack; fats that occur naturally in food are good as well as adding a small amount to cooked vegetables, grains, or salads, etc.