

# Nutrition by Dr. Miki

Adapted from. “choosemyplate.gov”

\*\*only fill your plate with vegetables. omit fruit. One half your plate should be vegetables.



\*Calcium from non-dairy sources, are less in fat, and cholesterol, and less allergenic.



\*Try a blended green drink for a snack. (combination of fruit/veggie)



How to adapt to a bowl: one portion whole grain(forbidden rice)/ one portion vegetable puree/ one portion sweet potato / one portion protein (shrimp/fish).