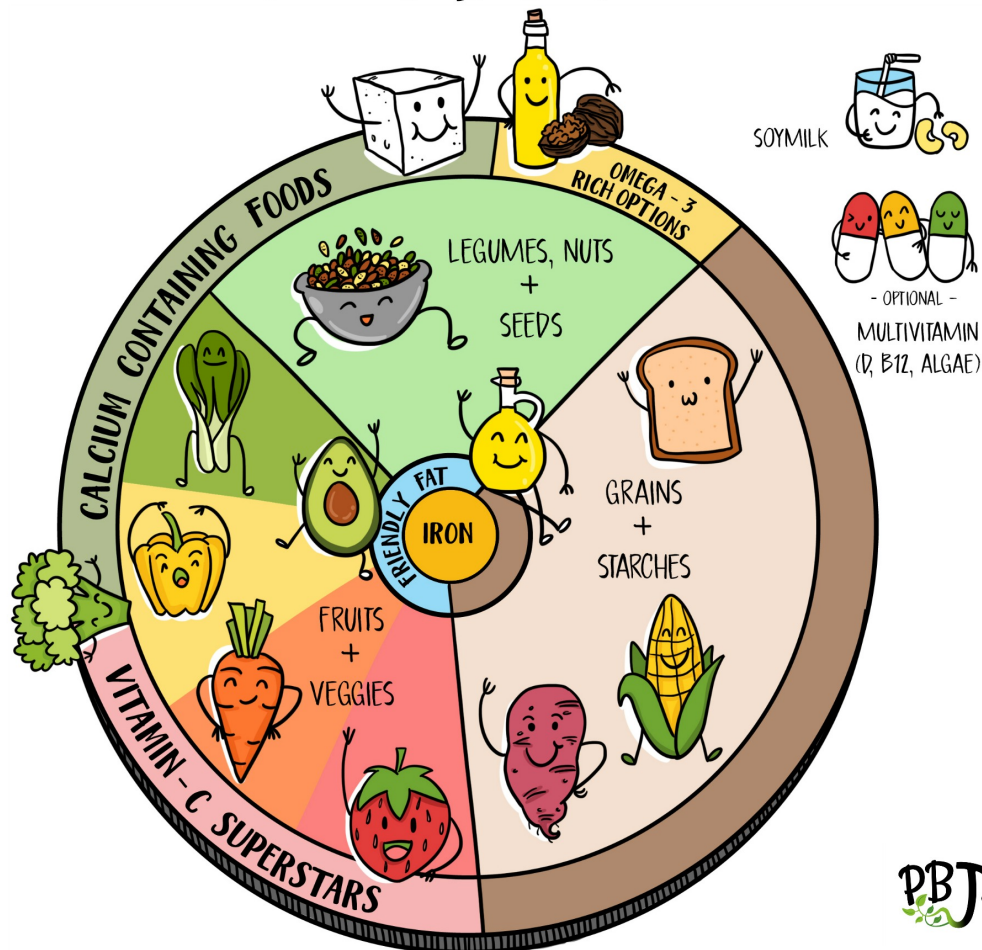


The PB3 Plate



The PB3 plate has three main components: fruits and veggies (F/V), legumes nuts and seeds (L/N/S), and grains and starches (G/S). Unlike other plate models, these three components each take up 1/3 of the plate. Why don't we dedicate 1/2 the plate to produce like other models? Because of caloric density. While we want our PBJs to eat plenty of F/V, we don't want them to fill up so much that they don't have room for more high-calorie, nutrient-rich items from the other categories.

In addition to the core "3," we also call out nutrients of importance from each category: vitamin C in F/V, calcium in both F/V and L/N/S, omega-3 fatty acids (ALA) in L/N/S, and iron in all three categories. Fat is in the middle because it can be found in all three categories and it can be easily added to these foods during cooking. On the side, we have optional supplements that are often necessary in plant-based diets (discuss with your care provider) and alternative milk - an easy source of protein, fat, and micronutrients (sign up for our email list to get our Milk Myths handout and our recommendations for milk alternatives).

We know that not all meals will look like this or contain all of these components, but having this guide can be helpful in planning. Share it with your older PBJs and encourage them to select foods to fill each section!