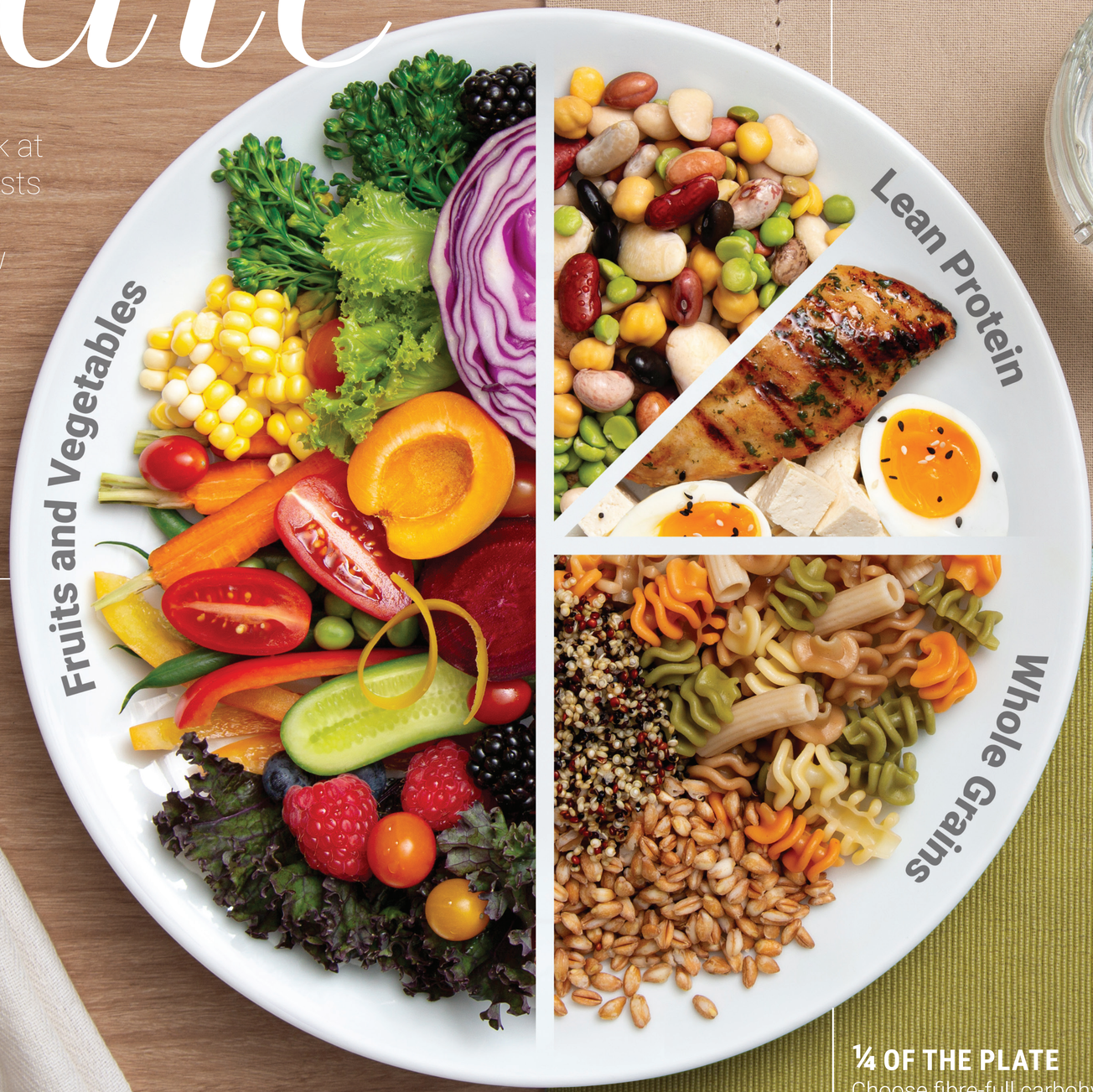
# A BALANCED Plate

Let's take a close look at what nutrition scientists recommend for each food group—and how many grams of nutrition popular ingredients provide.




**½ OF THE PLATE**
Opt for colourful, in-season varieties.

**¼ OF THE PLATE**
Balance plant & animal sources.

**¼ OF THE PLATE**
Choose fibre-full carbohydrates like whole grain bread & pasta or brown rice.





## Carbs

Make carbs 45-75% of a total daily energy intake, or about 250g/day based on a 2000-kcal diet.

100 g of pasta, rice, or bulgur = 75g carbohydrates

## Protein

Make protein 10-15% of a total daily energy intake, or 50-75 grams based on a 2000-kcal diet.

**GRAMS OF PROTEIN PER 100G OF:**

- Chicken breast: 22g
- Beef: 18g
- Lentils or chickpeas: 22g
- Tofu: 16g

## Fats & Oils

Fats should be no more than 30% of daily energy intake. That's 67g based on a 2000-kcal diet.

1 Tsp. olive oil = 15g of fat or 130 kcal

## Hydration

Aim for at least 6-8 cups of fluids per day. Water is the top choice, but coffee, tea, juices, soups, and fruits and vegetables can contribute to the total, too.

Nutritional recommendations and dietary requirements may differ across populations, markets, and individual needs. The values presented are derived from the referenced sources.

Source: Nutripro, Future-Ready Foodservice, 2026

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