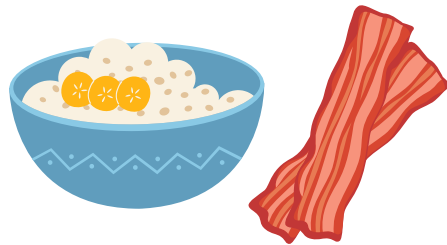


PFF Plate Master List

Working on your PFF Plates but need some ideas to help you master balancing meals? Use this master list of protein, fat, and fiber foods to help you build your child's new PFF Plate!

Why use PFF?

Including all three at meals can assist in maintaining fullness, getting a variety of nutrients, and controlling blood sugar!



A good rule of thumb:

Aim for all three at mealtime
At snack time, aim for two!



Note:

Some foods can be classified as two of the nutritious trio, or all three. An example of this are beans or peanut butter. There is no black or white rule with these, just do your best to include all 3 nutrients whether separate or combined.

Protein Ideas

High Protein

Chicken Breast
Ground Chicken
Chicken Nuggets (grilled is ideal)
Sliced Deli Chicken
Chicken Sausage
Shredded Chicken
Chicken Salad
Turkey Breast
Ground Turkey
Sliced Deli Turkey
Turkey Jerky
Turkey Sticks
Turkey Meatballs
Turkey Bacon
Ground Beef
Beef Meatballs
Roast Beef
Roast Beef Slices
Beef Jerky
Eggs (scrambled, boiled, fried, or cooked your favorite way!)
Egg Salad
Tuna Salad
Fish Fillet (salmon, cod, sole, tilapia, halibut, etc.)
Fish Sticks
Shrimp

High Protein cont.

Pork Sausage
Pork Loin
Bacon
Lamb
Venison
Collagen Powder
Protein Powder
Ripple Milk
Dairy Milk (if tolerated)
Dairy Yogurt (dairy-free yogurt not a good source of protein)
Cottage cheese

Moderate Protein

Quinoa
Nuts + Nut Butters (peanuts, cashews, walnuts, almonds, pistachios, etc.)
Seeds + Seed Butters (sunflower, pumpkin, chia, flax, hemp, etc.)
Beans (any type)
Lentils (any type)
Tofu or edamame(if soy is tolerated)

Healthy Fat Ideas

Nuts + Seeds

*Can be in whole or
nut/seed butter form*

Almonds
Cashews
Chia Seeds
Flax Seeds
Hazelnuts
Hemp Seeds
Peanuts
Pecans
Pistachios
Pumpkin Seeds
Sunflower Seeds
Walnuts

Other Food Sources

Avocado
Eggs (must include yolk)
Whole fat dairy
Fatty fish including:

- Mackerel
- Tuna
- Salmon
- Herring
- Sardines
- Anchovies
- Shellfish

Oil Sources

- Best oil to cook with: avocado oil (has a very high smoke point!)
- Best oils to use room-temp/cold: olive oil, flaxseed oil
- Best oil to supplement with: fish oil

Fiber Ideas

Fruits

Apple
Apricots
Avocado
Banana
Blueberry
Cantaloupe
Cherry
Cranberry
Dates
Grapefruit
Grapes
Honeydew Melon
Mango
Oranges
Papaya
Peaches
Pears
Pineapple
Plum
Raspberries
Strawberries
Pumpkin
Watermelon

Vegetables

Artichoke
Asparagus
Beets
Brussels Sprouts
Broccoli
Butternut Squash
Carrots
Cauliflower
Celery
Corn
Cucumber
Eggplant
Green Peas
Green Peppers
Kale
Lettuce
Mushrooms
Potato
Spinach
String Beans
Sweet Potato
Tomato
Zucchini

Grains + Legumes

Whole Grain Pasta
Oats
Brown Rice
Whole Grain Bread
Quinoa
Popcorn
Brazil Nuts
Lentils
Beans
Edamame

Nuts + Seeds

Almonds
Cashews
Chia Seeds
Flax Seeds
Hazelnuts
Hemp Seeds
Peanuts
Pecans
Pistachios
Pumpkin Seeds
Sunflower Seeds
Walnuts

*** Don't forget about dried, freeze-dried, frozen, pureed, or blended fruits & veggies!*

Will your child not eat these foods? Consider a fiber (prebiotic) supplement as you work on expanding their diet!