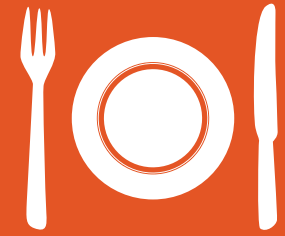


The Healthy Plate

Use this plate to help you portion your food.
Portions are based on a small dinner plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, skinless chicken, eggs, cooked beans, lentils, or tofu.



Glass of water

Fill half of your plate with nonstarchy vegetables, such as carrots, broccoli, cabbage, bell peppers, asparagus, or leafy greens, like spinach or kale.



Fill one-quarter of your plate with healthy grains or starches (carbohydrates or carbs), such as brown rice, 100% whole-wheat pasta, quinoa, bulgur, corn, peas, one slice of 100% whole-grain bread, or one corn or 100% whole-wheat tortilla.

For good nutrition also choose each day:

- 2 to 3 servings of fresh fruit, such as a small apple or orange, or half a banana.
- 2 to 3 servings of low-fat or fat-free plain milk or yogurt, or dairy alternatives such as soy, oat, sweet pea, or almond milk.
- A small amount of healthy fats, such as olive oil, a slice of avocado, or a handful of nuts.

Ideas for meals and snacks (portions = 45 grams carb per meal)

Breakfast		Lunch and Dinner
<ul style="list-style-type: none"> • 1 small 100% whole-wheat or grain bagel • 2 tbsp. natural unsweetened nut butter • 1 cup diced honeydew melon 	<ul style="list-style-type: none"> • 1 scrambled egg or ½ cup scrambled soft tofu (cooked with 1 tsp. olive or avocado oil) • 1 100% whole-wheat English muffin • 1 slice of avocado • 1 small peach, orange, or nectarine 	<ul style="list-style-type: none"> • 3 oz. tuna or turkey sandwich on 2 slices of 100% whole-wheat bread • 2 tbsp. avocado + lettuce or spinach, tomato, and onion • 1 cup carrots and/or broccoli • 1 small orange
<ul style="list-style-type: none"> • ¾-1 cup 100% whole-grain nonsugary cereal • ½ cup of unsweetened sweet pea milk • 1 slice of 100% whole-grain bread • 1 tbsp. unsweetened nut butter 	<ul style="list-style-type: none"> • 1 slice of 100% whole-wheat or whole-grain bread • 1-2 tbsp. natural unsweetened peanut butter • 1 cup of fat-free or low-fat unsweetened soy milk • 1 small apple 	<ul style="list-style-type: none"> • 3 oz. broiled or baked fish or 1 cup diced extra firm tofu (sautéed with 1 tsp. olive oil and garlic) • 1 cup quinoa, yam, or 100% whole-grain pasta • 2 cups steamed vegetables tossed with 1-2 tbsp. slivered almonds
<ul style="list-style-type: none"> • ¾ cup of plain low-fat or fat-free Greek yogurt • ½ cup diced fruit • 2 tbsp. nuts and seeds • ¼ cup 100% whole-grain granola 	<ul style="list-style-type: none"> • ⅔ cup brown rice • 1 poached or boiled egg • 1 cup nonstarchy vegetables. Ex: spinach, mushrooms, tomatoes, bell peppers, zucchini, green beans, broccoli, cabbage, cauliflower, asparagus, beets • ½ cup diced mango 	<ul style="list-style-type: none"> • grilled portobello mushroom and vegetable sandwich on 100% whole-grain pita bread • 2 cups mixed salad greens • 2-3 tbsp. hummus • 2 tbsp. crumbled low-fat feta cheese
<ul style="list-style-type: none"> • 2 small 100% whole-grain pancakes • 1 cup of mixed berries • 2 tbsp. unsweetened nut butter 	<ul style="list-style-type: none"> • ½ cup cooked oatmeal • 1 cup unsweetened oat milk • 2 tbsp. slivered almonds • ½ cup strawberries 	<ul style="list-style-type: none"> • 1 cup vegetarian chili (with beans, sweet potato, and mix of nonstarchy vegetables) • side salad with olive oil (1-2 tsp.) and vinegar, or 1-2 tbsp. low-fat or nonfat dressing • 2 slices of cantaloupe
Snacks		<ul style="list-style-type: none"> • 3 oz. skinless baked or grilled chicken • 1 cup steamed greens with a dash of hot sauce • ⅔ cup steamed brown rice • 1 small fresh fruit
<ul style="list-style-type: none"> • 6 oz. low-fat or fat-free plain Greek yogurt or cottage cheese • handful of unsalted nuts or ½ cup edamame • 3 cups air-popped or light microwave popcorn • 1 medium apple with 1-2 tbsp. natural unsweetened peanut butter • 3 large rye wafer crackers with 1 oz. low-fat cheese 	<ul style="list-style-type: none"> • ½ cup red bell pepper with ¼ cup guacamole • ½ cup celery sticks with 1-2 tbsp. low-fat cream cheese • ½ cup tomatoes and 1 oz. low-fat mozzarella • ½ cup roasted unsalted chickpeas • ½ cup cucumber slices with ⅓ cup hummus • 1 hardboiled egg, ½ fresh fruit 	<ul style="list-style-type: none"> • 1 cup canned (low-sodium) bean or lentil soup • 1 serving of 100% whole-grain crackers (see serving instruction on nutrition label) • 1 cup carrots and cucumber

Shopping List

Grains and cereals

quinoa (pronounced "keen-wah")
 wild or brown rice, grits, millet, steel-cut oats
 100% whole-grain or lentil pasta and noodles
 100% whole-grain or wheat-bran cereal, bulgur,
 whole cornmeal, hulled barley, couscous, tortillas
 (corn or 100% whole-wheat)
 100% whole-wheat or whole-grain breads, rolls,
 bagels, crackers

Starches

corn, peas winter squash
 pumpkin sweet potatoes
 potatoes

Fruits and vegetables

fresh, frozen, or canned fruits or veggies without
 added sugar, fat, or salt

Healthy fats

avocado, natural unsweetened nut butter, unsalted
 nuts and seeds

Cooking oil

olive, avocado, sesame, canola oil

Proteins

whole beans (dried, or low-sodium canned), lentils,
 lean pork or beef
 salmon, tuna, or other fish, skinless chicken or turkey,
 tofu, tempeh, edamame
 eggs, low-fat/salt veggie or black-bean burgers

Dairy

plain and fat-free or low-fat milk, yogurt, or cheese

Dairy substitutes

calcium and vitamin D-fortified plain soy, oat, pea,
 rice, or almond milk

Condiments

nonfat or olive oil-based salad dressing, lite mayo,
 mustard, hummus, tahini, low-fat bean dip,
 guacamole, or salsa

Portion Guidelines

1 serving	Is the size of:
1 cup	a closed fist
1 medium potato	a computer mouse
1 oz. cheese	tic-tacs container
1 tortilla or slice of bread	1 DVD disc
2 tbsp.	wine cork
3 oz.	deck of cards
1 oz. nuts	1 shot glass

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.