

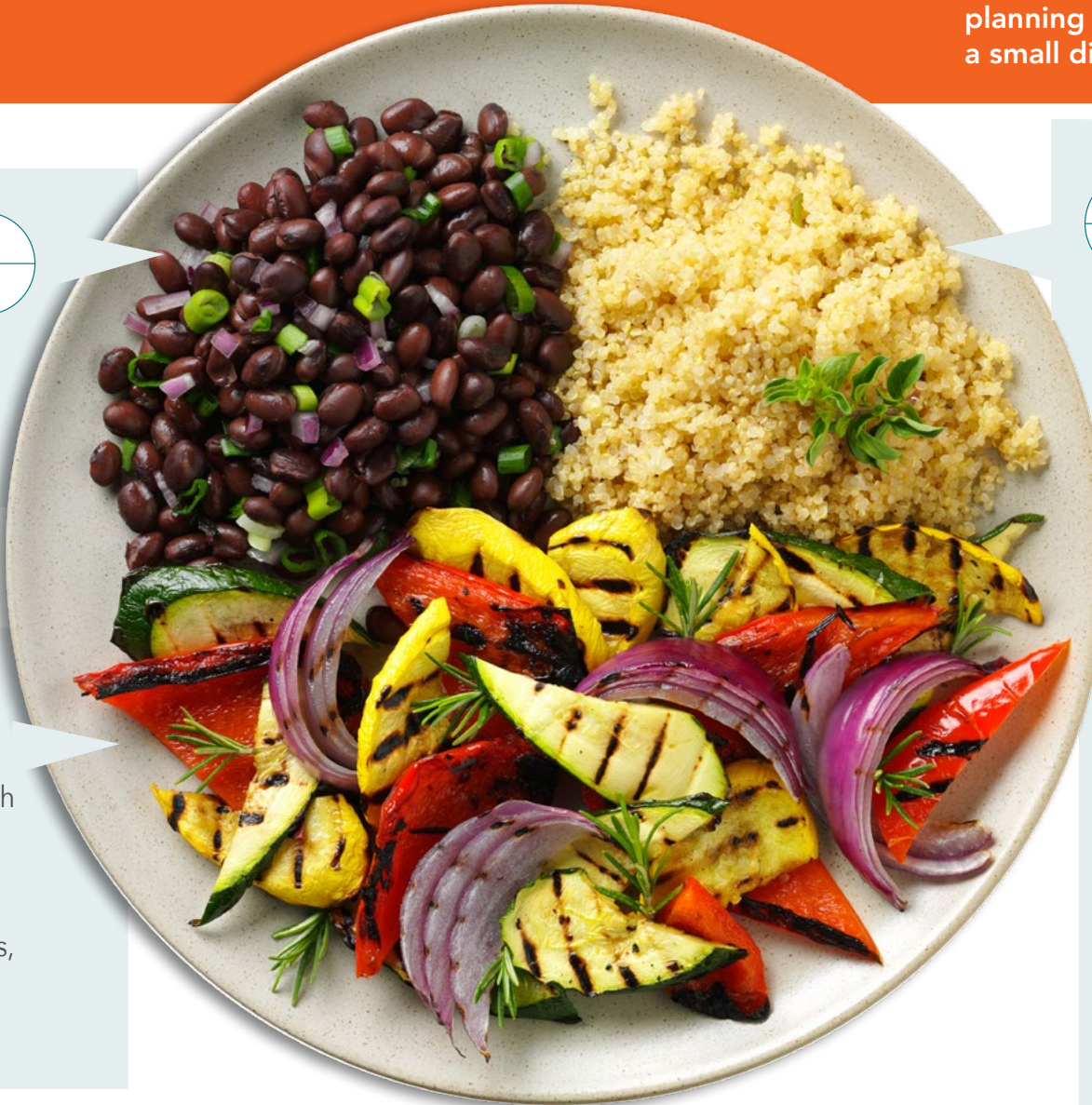
THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

Breakfast

<ul style="list-style-type: none"> • 4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese • 1 cup diced melon 	<ul style="list-style-type: none"> • ¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach • 1 sprouted-grain English muffin or 2 corn tortillas • ¼ avocado • ½ cup mango or pineapple
<ul style="list-style-type: none"> • 2 oz. whole-grain muesli cereal • ½ banana, ½ cup berries • 10 walnuts • 1 cup nondairy milk 	<ul style="list-style-type: none"> • 2 slices sprouted-grain or wheat toast • 2 Tbsp. “natural” peanut butter • 1 cup nondairy milk • 1 small apple
<ul style="list-style-type: none"> • 1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit • 1 small bran muffin 	<ul style="list-style-type: none"> • ⅔ cup brown rice • ½ cup beans • 1 cup cooked vegetables • ½ cup salsa • ½ cup avocado
<ul style="list-style-type: none"> • 2 slices sprouted-grain or wheat toast • 1 cup berries • 1 cup nondairy milk 	<ul style="list-style-type: none"> • 1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit • 1 cup nondairy milk

Snacks

<ul style="list-style-type: none"> • ½ cup baked sweet potato 	<ul style="list-style-type: none"> • Raw vegetables with hummus or vegetable paté
<ul style="list-style-type: none"> • 2 tbsp. dried fruit or nuts 	
<ul style="list-style-type: none"> • Fresh fruit 	<ul style="list-style-type: none"> • Medium apple with 1-2 Tbsp. “natural” peanut butter
<ul style="list-style-type: none"> • 3 cups air-popped or light microwave popcorn 	<ul style="list-style-type: none"> • 3 large rye wafer cracker • 1½ oz. cashew cheese
<ul style="list-style-type: none"> • ¼ cup roasted garbanzo beans 	<ul style="list-style-type: none"> • Fresh nonstarchy vegetables

Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> • 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion • Carrots or broccoli • 1 orange 	<ul style="list-style-type: none"> • 2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic) • 1 cup quinoa, yam, or whole-grain pasta
<ul style="list-style-type: none"> • 3-4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun • Garden salad with avocado and 1-2 Tbsp. oil and vinegar dressing • Diced peaches or pear 	<ul style="list-style-type: none"> • 2 cups vegetarian chili • 2 Tbsp. pumpkin seeds or avocado • 1 cup cabbage slaw with lime juice • ⅓ cantaloupe
<ul style="list-style-type: none"> • 1 cup canned black bean soup (lower sodium) • 1 cup kale (dropped into soup) • 6 whole-grain crackers • 1 apple 	<p>Chinese cuisine</p> <ul style="list-style-type: none"> • ½ cup brown rice, wild rice, or quinoa • 1 cup broccoli tofu (sautéed in broth) • 1 cup vegetarian hot-and-sour soup
<ul style="list-style-type: none"> • 1 low-fat, low-sodium frozen entrée or vegetarian entrée • Green salad with fresh vegetables, nutritional yeast, 1-2 Tbsp. olive oil and vinegar dressing or avocado • 1 plum 	<p>Indian cuisine</p> <ul style="list-style-type: none"> • ½ cup beans or 1 cup lentil soup (dal) • 1 whole-grain flatbread • 1 cup diced cauliflower, onions, and tomatoes
<ul style="list-style-type: none"> • ½-1 cup black-eyed peas • 1 cup steamed greens with a dash of hot sauce • 1 cup brown rice • 1 fresh fruit 	<p>Mexican cuisine</p> <ul style="list-style-type: none"> • 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes • Diced mango

Healthy meals start at the store. Use this shopping list to help you prepare.

- ✓ Fruits—fresh, frozen, canned in their own juice, or dried
- ✓ Vegetables—fresh, frozen, or low-sodium canned
- ✓ Plain nondairy milk (fortified soy, rice, oat, or almond)
- ✓ Plain nondairy yogurt (soy or almond)
- ✓ “Natural” peanut or other nut butter
- ✓ Cultured cashew cheese
- ✓ Olive or organic canola oil
- ✓ Light soy sauce, tamari, or Bragg’s liquid aminos
- ✓ Sauerkraut or kimchee
- ✓ Whole beans (canned or dried), or lentils
- ✓ Hummus, bean spreads, or tahini
- ✓ Tofu (silken, firm), tempeh
- ✓ Avocado, olives, or sun-dried tomatoes
- ✓ Unsalted nuts and seeds
- ✓ Nutritional yeast
- ✓ Vegetable broth
- ✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels
- ✓ Rye wafer or whole-wheat crackers
- ✓ Brown rice or whole-wheat pasta
- ✓ Whole-grain cereal (oats, or muesli)
- ✓ Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa)
- ✓ Tortillas (corn, or whole- or sprouted-wheat)

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.

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