

HEALTHY PLATE Method

Non-Starchy VEGETABLES

Artichokes
Asparagus
Green Beans
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Okra
Onions
Pea Pods
Peppers
Radishes
Sauerkraut
Scallions
Spinach
Summer Squash
Tomato
Turnips
Zucchini



Healthy PROTEIN

Poultry
Fish
Tofu
Eggs
Lean
Meats
(90-95%)
Nuts**
Seeds**

Whole & Grains & STARCHY VEGGIES

*WG Breads
*WG Tortillas
*WG Pasta
*WG Cereals
Brown Rice
Barley
Bulgur
Quinoa
Oats
Peas
Corn
Potatoes
Winter Squash
Beans

*WG=Whole Grain

**See portion size recommendations



Water

Choose water as your **GO TO BEVERAGE**
for meals and throughout the day.



Healthy Fats
play an important
role in the diet!
Try cooking with
olive oil, adding
a sprinkle of
nuts or seeds,
or avocado!



Apples
Bananas
Berries
Grapes
Melons
Pears
Pineapple
Stone Fruit
Citrus Fruits
Dried Fruit**

Dairy

1 1/2-2 CUPS PER DAY

Yogurt
Milk
Cheese
Milk Alternatives



HEALTHY PLATE *Method* STEP BY STEP

Step 1: Make the most of your meal: Make half your plate non-starchy vegetables

Choose an abundant variety of colorful, non-starchy vegetables every day.

Step 2: Make Whole Grains and Starchy Vegetables ¼ of your plate

Choose whole grains and starchy vegetables and limit refined grains, since whole grains are much better for health.

- If you choose bread, limit to 2 slices, 1 bun, 2 small tortillas (or one large), or 1/2 bagel.
- If you choose rice, grains, pasta, cereal, or a starchy vegetable, limit the portion to no more than 1 cup.

Step 3: Make Healthy Proteins ¼ of your plate

Choose fish, poultry, soy, lean meats, or other protein sources that contain healthful nutrients. Limit or avoid processed meat that may raise your risk for heart disease, diabetes, and cancer.

- Protein portion size should not be bigger than the palm of your hand, or about 3-4 ounces.
- If you choose nuts, or seeds, aim for about 2 tablespoons.
- If you choose tofu, aim for about a 1/2 cup serving.

Step 4: Add Dairy or Fruit

Fruit, milk and yogurt are sources of carbohydrates. To best control body weight and blood sugars, choose a dairy or fruit product at each meal, or save it for a snack.

- If you choose fruit, here are some sample serving sizes: 1 small piece of fruit or half of a larger-size fruit, 3/4 cup fresh pineapple, blueberries, or blackberries, 17 grapes, 1 ¼ cups strawberries, 1 cup cantaloupe or honeydew, ¼ cup dried fruit.
- Limit juice, even 100% fruit juice, to just a small glass per day, as juice contains as much sugar and as many calories as sugary soda.
- If you choose milk or milk alternatives such as soy milk, a serving is 1 cup (8 ounces).
- If you choose yogurt, a serving size is 6 ounces.

Step 5: Add healthy fats in moderation

Choosing healthy fats can reduce harmful cholesterol and are good for the heart, and Americans don't consume enough of them each day. Healthy fats include: olive oil, avocado, nuts and seeds. Limit use of shortening, gravies, cream sauces, and sour cream, and avoid partially hydrogenated oils, also known as trans fats.

Step 6: Drink Water

Choose water, since it's naturally calorie free. Avoid sugary drinks, since these are major contributors to the obesity and diabetes epidemics.

Step 7: Don't forget to stay active!

Staying active is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your calorie needs.