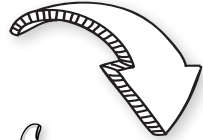




PLAN YOUR PLATE



-  **Thumb tip = 1 TEASPOON**
-  **1 fist size serving = 1 CUP**
-  **1 palm size serving of cooked protein = 3-4 OZ**



BEVERAGES

- Water
- Calorie-free/sugar-free drink

HEALTHY FATS

- Avocado
- Olive and canola oil
- Nuts, nut butters, seeds
- Vinaigrette dressings
- Margarine or butter



LEAN PROTEINS

- Chicken, skinless
- Turkey, skinless
- Eggs
- Lean beef (90% lean ground beef, flank, round, tenderloin, sirloin)
- Lean pork (Canadian bacon, tenderloin, ham, center-cut pork chop)
- Fish (grilled, baked, broiled, boiled)
- Shellfish (grilled, baked, broiled, boiled)
- Cheese, low-fat



NON-STARCHY VEGETABLES

- Asparagus
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (collards, kale, turnip)
- Jicama
- Mushrooms
- Okra
- Onions
- Peppers
- Salad Greens
- Squash (spaghetti, yellow, zucchini)
- Sugar snap peas
- Tomatoes



PLANT-BASED PROTEINS

- Nuts
- Nut butters, no added sugar
- Beans, peas, lentils, edamame, hummus (1/2 cup counts as 1 carb choice)
- Tofu



CARBOHYDRATES

STARCHES

- 100% whole grain/whole wheat breads, cereals, pastas, grits, flours, corn meal
- Old-fashioned rolled or steel-cut oats
- Brown or wild rice
- Quinoa
- Beans, peas, lentils
- Corn
- Potatoes, all kinds
- Parsnips
- Pumpkin
- Winter squashes (acorn, butternut, pumpkin)
- 100% whole grain/whole wheat crackers
- Popcorn
- Starchy casseroles (rice, pasta, potato-based)



FRUIT

- Option to use a fruit as a carb serving
- 1 tennis ball size piece of fruit
- 1/2 banana
- 1 cup fresh, frozen fruit
- 1/2 cup canned fruit, packed in water or 100% juice

MILK & YOGURT

- Option to use 8 oz. milk or 5-6oz. of yogurt as a carb serving
- Low-fat milk
- Low-fat yogurt
- Unsweetened milk substitute

HEALTHY EATING TIPS

