

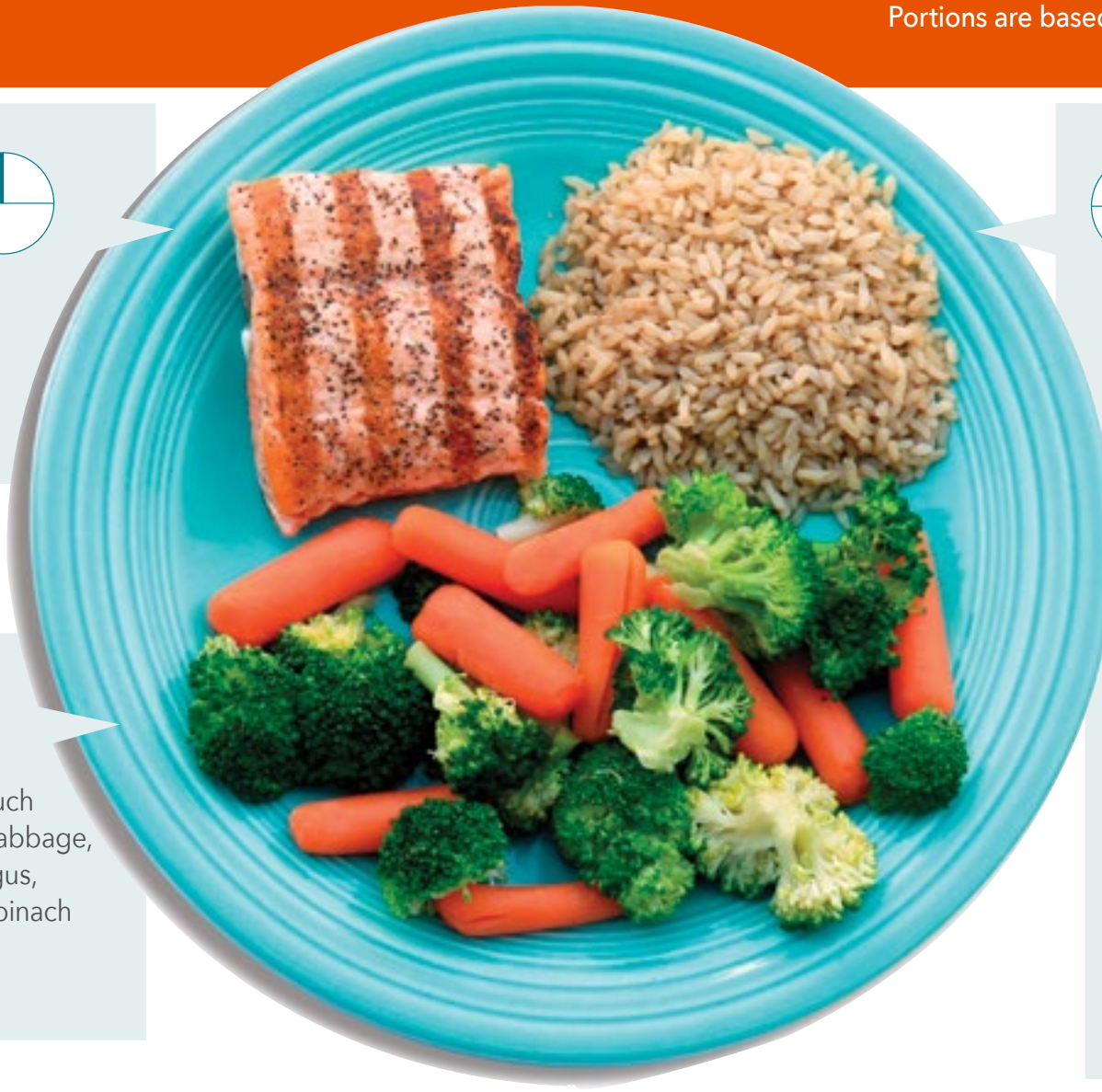
THE HEALTHY PLATE

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 healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill half of your plate with non-starchy 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, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, one slice of whole-grain bread, or one corn or whole-wheat tortilla.

For good nutrition also choose each day:

- 1 small fruit serving, such as an orange, banana, apple, or 1 cup of berries or melon with each meal.
- 2 to 3 cups of plain milk or yogurt.
- A small amount of healthy fats, such as 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		Lunch and Dinner Add 1 cup milk to each meal	
• small whole-wheat bagel with almond butter or cream cheese • 1 cup diced melon • 1 cup plain yogurt	• 1 scrambled egg or scrambled soft tofu (cooked with 1 tsp. canola or olive oil) • 1 whole-wheat English muffin • 1 tsp. trans fat-free margarine • 1 small peach, orange, or nectarine • 1 cup milk	• 3 oz. tuna or turkey sandwich on whole-wheat bread with 1-2 tsp. mayonnaise or 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion • carrots or broccoli • 1 orange	• 3 oz. broiled or baked fish or 1 cup diced extra firm tofu (sautéed with 1 tsp. olive oil and garlic) • tossed salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing • 1 cup quinoa, yam, or whole-grain pasta • steamed vegetables tossed with 1-2 Tbsp. slivered almonds
• 1 oz. whole-grain cereal • ½ banana • 1 slice whole-wheat toast • 1 tsp. trans-fat-free margarine • 1-2 Tbsp. walnuts • 1 cup milk	• 2 slices whole-wheat bread • 2 Tbsp. "natural" peanut butter • 1 cup milk • 1 small apple	• 3-4 oz. lean hamburger or veggie (bean, lentil, soy) burger on whole-wheat bun • garden salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing • diced peaches or pear	• vegetarian chili • side salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. low-fat or nonfat dressing • ⅓ cantaloupe
• 1 cup plain yogurt, mixed with 2 Tbsp. raisins or ½ cup diced fruit • 1 small bran muffin	• 1 cup brown rice • 1 poached or boiled egg (optional) • 1 cup vegetables • ½ cup diced mango	• 1 cup canned black bean soup (lower sodium) • whole-grain crackers • 1 apple	Chinese cuisine: • 1 cup brown rice • 1 cup broccoli chicken, beef, or tofu • 1 cup hot-and-sour soup
• 2 small whole-grain pancakes • 1 cup berries • 1 cup milk	• 1 cup oatmeal with 2 Tbsp. raisins or dried fruit • 1 cup milk • 1 Tbsp. slivered almonds	• 1 low-fat, low-sodium frozen entree or vegetarian entree • green salad with fresh vegetables, olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing • 1 plum	Indian cuisine: • 3 oz. tandoori chicken or 1 cup lentil soup (dal) • ½-1 cup steamed rice • ½ cup raita (cucumber and yogurt) • steamed broccoli
Snacks		• 2-3 oz. skinless baked or grilled chicken or ½ -1 cup black-eyed peas • 1 cup steamed greens with a dash of hot sauce • ½ cup brown rice • small slice low-fat cornbread • 1 fresh fruit	Mexican cuisine: • 2 bean tacos made with 2 corn tortillas, ½ cup whole beans, 1½ oz cheese (optional), salsa, and shredded lettuce or cabbage • diced mango
• 1 cup plain yogurt or 1½ cup cottage cheese	• raw vegetables with nonfat salad dressing or hummus		
• 2 Tbsp. dried fruit or nuts	• medium apple with 1-2 Tbsp. natural peanut butter		
• fresh fruit	• 3 large rye wafer crackers • 1½ oz. cheese		
• 3 cups air-popped or light microwave popcorn	• fresh vegetables		

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

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| ✓ Fruits—fresh, frozen, canned in their own juice, or dried | ✓ Vegetables—fresh, frozen or low-sodium canned | ✓ Natural peanut or other nut butter |
| ✓ Plain dairy milk, or fortified soy, rice, or almond milk | ✓ Whole beans (canned or dried) | ✓ 100% whole-wheat or whole-grain bread/rolls/bagels |
| ✓ Plain dairy or soy yogurt | ✓ Hummus | ✓ Rye wafer or whole-wheat crackers |
| ✓ Cottage cheese or cream cheese | ✓ Tofu | ✓ Brown rice or whole-wheat pasta |
| ✓ Cheese | ✓ Lean pork or beef | ✓ Whole-grain cereal |
| ✓ Nonfat or olive oil-based salad dressing | ✓ Salmon, tuna, or other fish | ✓ Whole grains (bulgur, whole cornmeal, hulled barley, whole-wheat couscous) |
| ✓ Olive or canola oil | ✓ Chicken or turkey without skin | ✓ Tortillas (corn or whole-wheat) |
| ✓ Quinoa (pronounced "keen-wah") | ✓ Egg or egg substitute | |
| | ✓ Unsalted nuts or seeds | |

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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