

recommended plate size is 10 inches

vegetables

Fill 1/2 of your plate with non-starchy vegetables.

- Examples of non-starchy vegetables include carrots, broccoli, cauliflower, green beans, asparagus and peppers.
- Pack pre-cut vegetables for a quick snack on-the-go.
- Aim for a variety of colors.
- Veggies are low in calories and full of fiber, vitamins, minerals and antioxidants.



fruits Enjoy fruit for a snack or with meals.

- Choose whole fruits over juice.
- Enjoy a colorful variety of fruits.
- Use dried fruit in small amounts for a "grab-and-go" snack.

dairy/calcium

Plan on calcium rich foods daily for bone health.

- Calcium rich choices include milk, yogurt and calcium-fortified soy products.
- Choose fat-free, 1/2% or 1% milk.
- Enjoy low fat yogurt for a snack.



grains/starchy vegetables

Fill 1/4 of your plate with whole grains or starchy vegetables.

- Whole grains include brown rice, whole-wheat pasta, whole-grain breads, whole-grain hot and cold cereals.
- Starchy vegetables include potatoes, corn, peas, squash and legumes.
- Make at least half of your choices per day whole grain and/or unprocessed grains.



meat/protein

Fill 1/4 of your plate with lean protein sources.

- Choose protein sources such as non-fried chicken, fish, turkey or lean cuts of pork or beef.
- Choose up to 3 eggs per week.
- Meatless protein choices include soy (tofu, tempeh, edamame) and legumes (kidney, garbanzo, black beans).



fats

Use sparingly.

- Enjoy healthy fats like nuts, seeds and peanut butter in small amounts.
- Use olive oil or canola oil in small amounts.
- Choose healthy cooking methods such as baking, broiling, or grilling instead of frying.