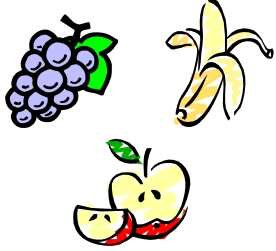


Healthy Food Choices: Your Plate

Fruits

- 1 small apple, banana, pear, orange, peach
- 12 grapes, cherries
- 1/2 cup mango
- 1 cup watermelon, berries, melon or strawberries

2-3 servings/day



Eat 3 Meals a Day

Drink Water

Vegetables

Fresh or frozen

1/2 of your plate

- lettuce, cucumber, tomato
- broccoli, carrots, cabbage
- bell pepper, zucchini, kale
- spinach, asparagus, cauliflower
- green beans, eggplant, jicama
- onion, celery, mushrooms, greens

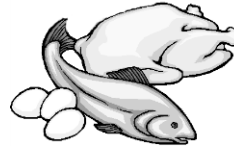
1-2 cups *per meal*



Protein

1/4 of your plate

- chicken/turkey - no skin
- fish, shellfish
- lean beef or pork - loin cuts



2-4 ounces *per meal*

- tofu, eggs, egg whites
- peanut butter
- low fat cottage cheese
- mozzarella cheese
- low fat Swiss cheese
- beans (starch)



Milk

1 serving = 1 cup

MILK: nonfat or 1% low fat milk;
YOGURT: nonfat or low fat Greek or plain
Soy milk: calcium fortified, unsweetened

2-3 cups/day

Starch

1/4 of your plate

Choose whole grains: •whole wheat bread •whole wheat pasta •oatmeal, •brown or wild rice •corn tortilla •quinoa •Beans



Starchy vegetables:
•corn, peas, potato
•winter squash, taro
•sweet potato, yucca
•plantain



2-3 slices, 1 cup, or 2-3 oz *per meal*

Healthy Fats

•canola or olive oil
1-2 teaspoons *per meal*
•seeds, nuts, avocado
Up to 1/4 cup *per meal*

