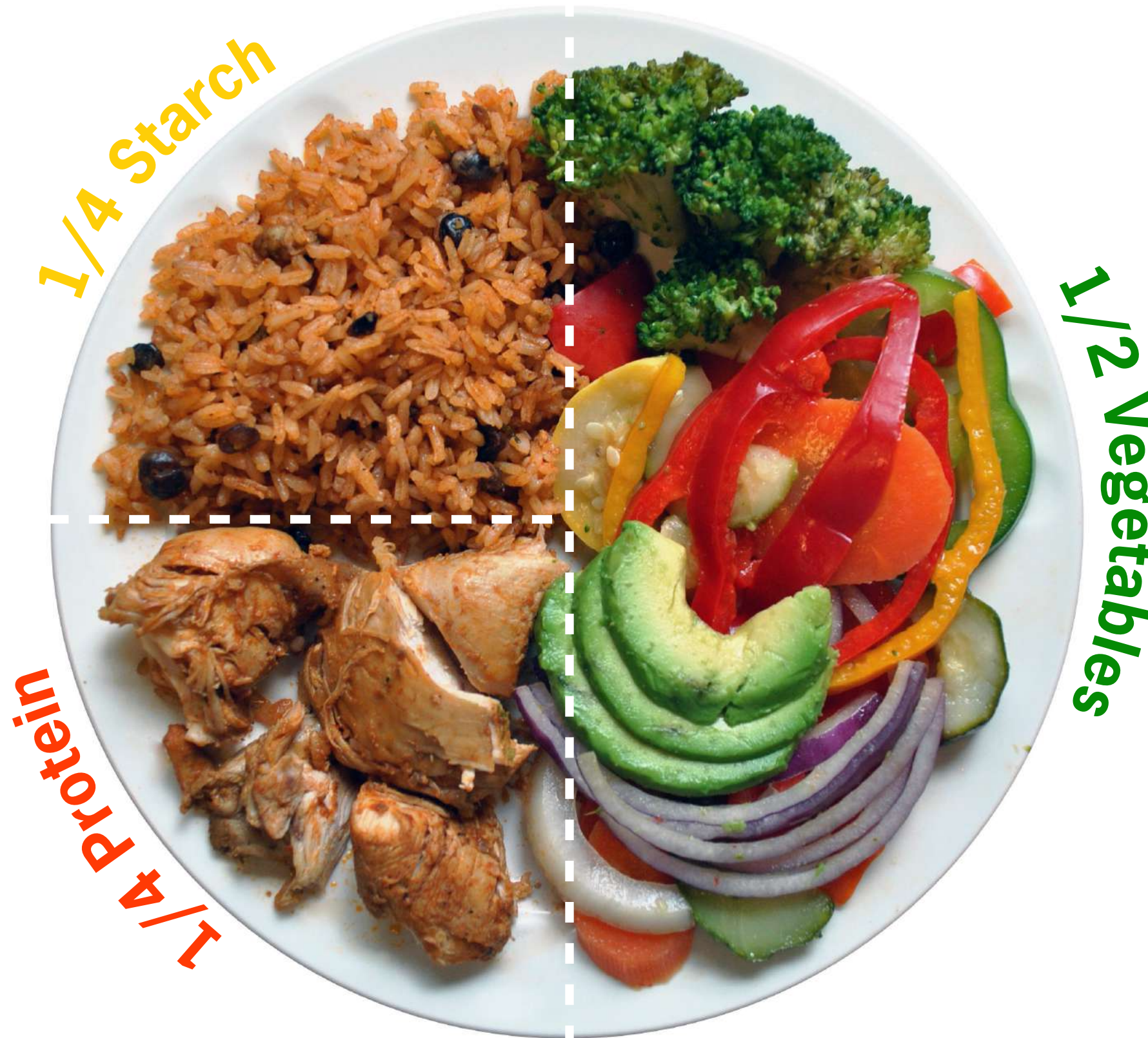


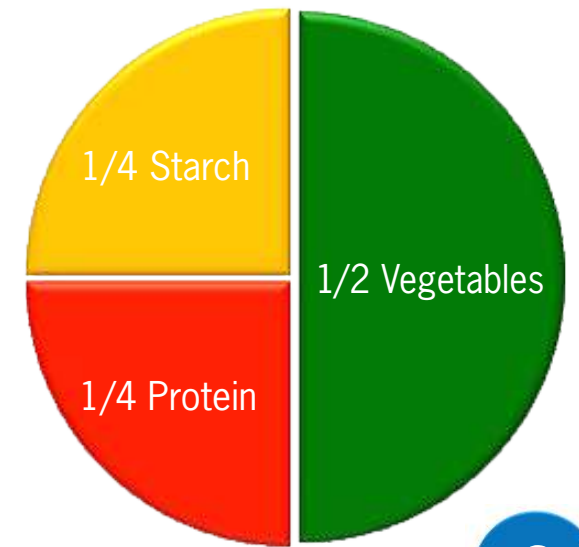
My Healthy Plate



Water is the best drink for you.



Plan the portions on your plate.



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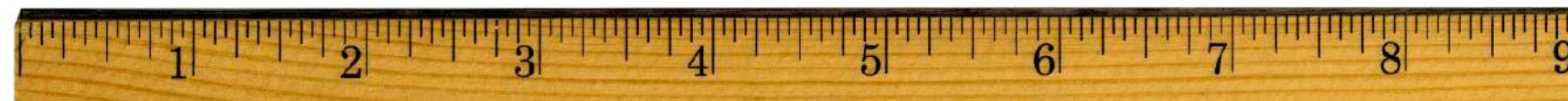
Fruit or Dairy

Ask your nutritionist if you should eat fruit or dairy with your meals.



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My Meal Planner: Portion Sizes

Pick 1 starch = 1 cup

Breakfast



Cereal



Wheat bread (1-2)



Oatmeal



Mangu



Plantain



Saltines (5)

Lunch or dinner



Casabe (1/2 piece)



Fried plantains



Rice (white or brown)



Potato salad



Yam (1 medium)



Mashed potatoes



Cassava



Yautia



Green bananas



Pasta

Pick 2 or more vegetables = 2 cups



Tomato



Red pepper



Beets



Cabbage



Eggplant



Cucumber



Broccoli



Lettuce



Green beans



Okra



Onion



Cauliflower



Chayote



Pumpkin



Carrot

Pick 1 protein = 4 ounces

Breakfast



Boiled egg



Nut butter (1-2 tbsp)



Low-fat cheese (2 ounces)



Nuts (1/4 cup)



Plain Greek yogurt



Plain cottage cheese

Lunch or dinner



Beans (1/2 cup)



Lean steak



Chicken



Pork



Fish

Ask your nutritionist if you should eat 1 fruit or 1 dairy product.



Banana



Mango



Papaya



Pineapple



1% milk



Plain or light yogurt

