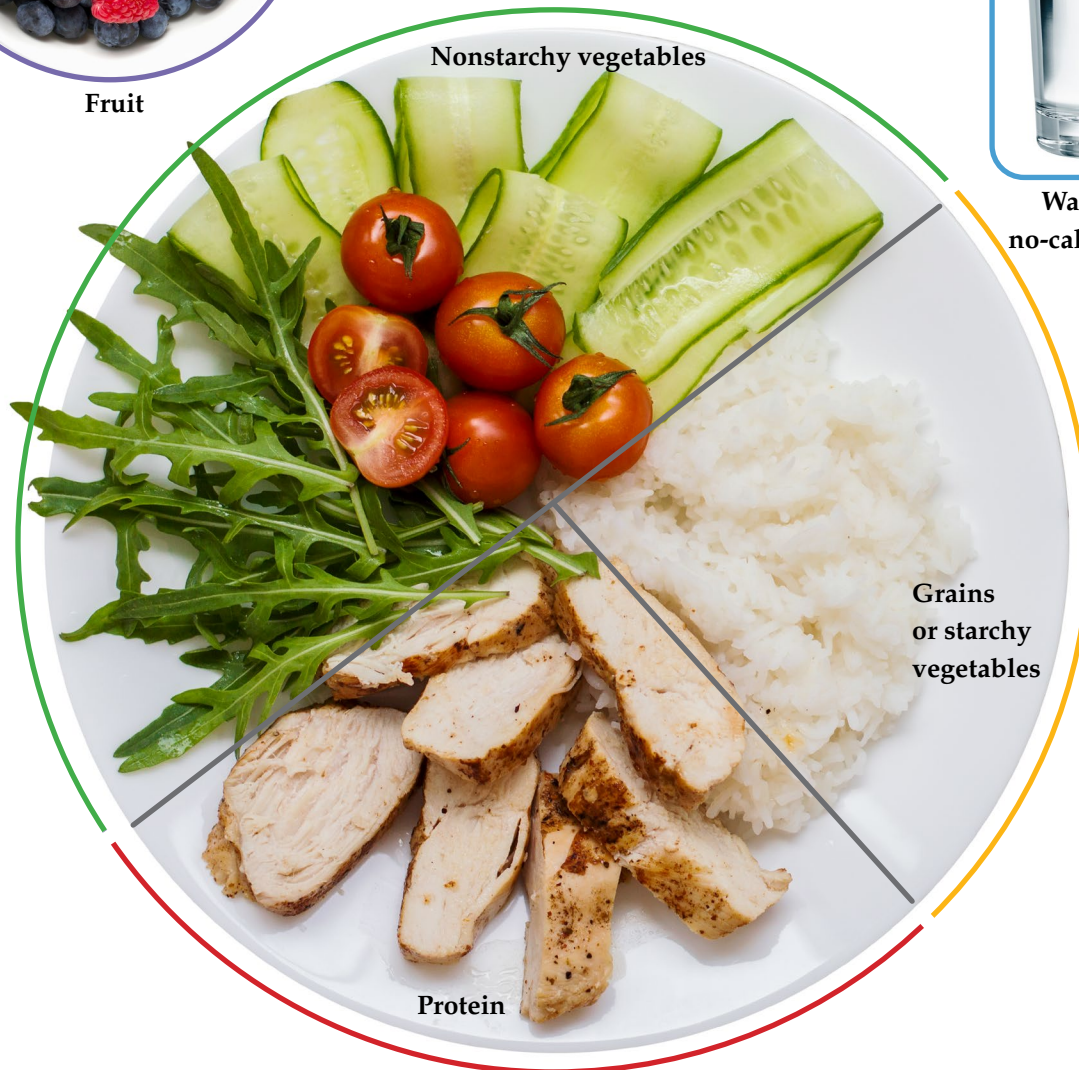


Planning Your Plate: Keeping Portions In Mind



Fruit

Water, milk or
no-calorie beverage

When you are planning your meals, try to think about what your plate should look like.

For breakfast:

- half of your plate should be starches
- the other half should be split between protein and fruit.

For lunch and dinner:

- half of your plate should be full of non-starchy vegetables
- the other half should be split between protein and starches
- a small dish of fruit, if you want.

What to drink:





















Sugary drinks and juice can add empty calories and carbohydrates. Limit or avoid drinks that contains sugar, such as iced tea, lemonade, soda, flavored waters, and any drink that is labeled as “sweetened.” Instead, choose:

- 1 cup skim or 1 percent milk
- ½ cup 100 percent juice
- 1 cup coffee or tea (no sugar)
- 8 ounces diet soda
- water.

(over)

Mix-and-match Your Plate

This chart shows examples of other foods you can eat instead of the ones shown (on front). Mix-and-match your favorites! Just make sure you're including one food from each column.

Nonstarchy vegetables	Protein	Grains or starchy vegetable	Fruit	Beverage
 <p>Brussels sprouts 1 cup raw or ½ cup cooked</p>	 <p>Chicken breast 3 ounces cooked</p>	 <p>Brown rice ⅓ cup cooked</p>	 <p>Banana 1 small</p>	 <p>Fat-free or low-fat milk 1 cup</p>
 <p>Bell peppers 1 cup raw or ½ cup cooked</p>	 <p>Fish 3 ounces</p>	 <p>Sweet potato 3 ounces or ½ cup cooked</p>	 <p>Grapes 15 grapes</p>	 <p>Unsweetened tea No limit</p>
 <p>Broccoli 1 cup raw or ½ cup cooked</p>	 <p>Egg 1 to 2 medium</p>	 <p>Beans and legumes ½ cup cooked</p>	 <p>Oranges 1 small</p>	 <p>Sparkling water No limit</p>
 <p>Green beans 1 cup raw or ½ cup cooked</p>	 <p>Tofu 3 ounces cooked</p>	 <p>Peas ½ cup cooked</p>	 <p>Apple 1 small</p>	 <p>Black coffee No limit</p>
<p>Other ideas:</p> <ul style="list-style-type: none"> • 1 cup raw cauliflower • ½ cup cooked carrots • 1 cup salad greens • 1 cup cucumber slices 	<p>Other ideas:</p> <ul style="list-style-type: none"> • 3 ounces beef • 3 ounces cheese • ¾ cup cottage cheese • 3 ounces turkey breast 	<p>Other ideas:</p> <ul style="list-style-type: none"> • 1 mini bagel or ½ large • 1 cup baby carrots • ⅓ cup cooked pasta • 3 cups popped popcorn 	<p>Other ideas:</p> <ul style="list-style-type: none"> • ½ cup canned fruit • 2 tablespoons raisins • 1 large kiwi • 1 cup berries or melon 	<p>Limit liquid calories. Drink plenty of water.</p>