Building a healthy plate:

- Start with a 9-inch plate
  - 50% (or more) with non-starchy vegetables
  - 25% lean meat
  - 25% fruit, starchy vegetables, or whole grain
- Also add a healthy fat
- Include a beverage such as water

For best results:

- Focus on whole foods. Avoid processed foods.
- Eat only when you are hungry.
- Aim for 3 meals per day.

Meal ideas:

- Omelet with veggies (cooked in 1Tbsp olive oil), ½ cup berries
- Cauliflower, salad with 2T dressing, 4 oz salmon, ½ cup sweet potato
How to Build a Healthy Plate

1. Non-starchy vegetables (Unlimited—Eat as many as you want!)
   - Asparagus
   - Beets
   - Broccoli
   - Cabbage
   - Carrots
   - Cauliflower
   - Celery
   - Cucumber
   - Eggplant
   - Green beans
   - Kale
   - Leafy greens
   - Mushrooms
   - Onions
   - Peppers
   - Spinach
   - Tomatoes
   - Zucchini

2. Lean protein (2-4 ounces per serving, 4-12 ounces per day)
   - Beef
   - Chicken
   - Cheese
   - Cottage cheese
   - Eggs
   - Fish
   - Game meats
   - Greek yogurt (plain)
   - Pork
   - Seafood
   - Tempeh
   - Turkey

3. Fat (1 ounce or 1 tablespoon per serving—Watch portions!)
   - Almonds
   - Avocado
   - Avocado oil
   - Butter
   - Cheese
   - Guacamole
   - Macadamia nuts
   - Mayonnaise
   - Olives
   - Olive oil
   - Peanut butter (natural)
   - Pecans
   - Pistachios
   - Seeds (chia, flax)
   - Walnuts

4. Carbohydrates (if desired)—Choose only 1 item from this section
   - Starchy vegetables (Limit ½ cup)
     - Corn
     - Potatoes
     - Peas
     - Sweet potatoes
     - Winter squash
     - Yams
   - Fruit (½ cup OR 1 small fruit per serving)—Limit 2 per day
     - Apple
     - Grapefruit
     - Berries
     - Grapes
     - Cherries
     - Kiwi
     - Orange
     - Pear
   - Grains and beans (Limit ½ to 1½ cup)
     - Beans (black, kidney, pinto)
     - Oats
     - Bread (1 slice whole grain)
     - Pasta (whole grain)
     - Lentils
     - Quinoa
     - Rice (brown or wild)
     - Tortilla (whole grain)

5. Beverages (Aim for 8-12 cups or 64-96 ounces per day)
   - Black coffee
   - Unsweetened tea
   - Herbal tea
   - Water
   - Water, infused with lemon, mint, herbs, or cucumber