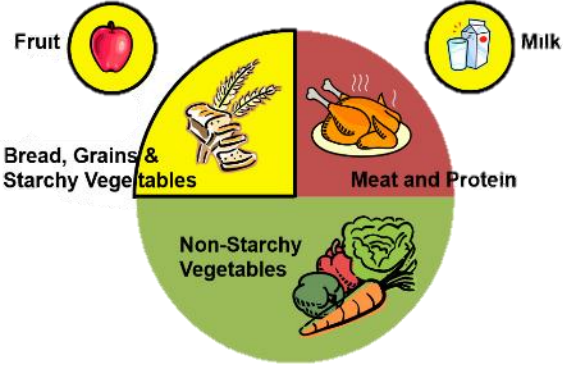


The diagram shows a circular plate divided into four quadrants: top-left (yellow) for Bread, Grains & Starchy Vegetables; top-right (red) for Meat and Protein; bottom-left (green) for Non-Starchy Vegetables; and bottom-right (green) for Non-Starchy Vegetables. Surrounding the plate are icons for Fruit (apple) and Milk (milk carton).

Breakfast

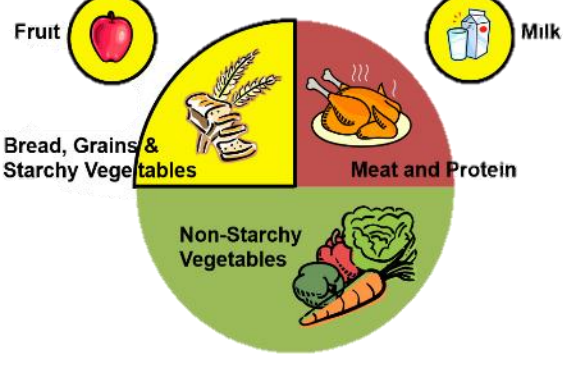
- Protein:
- Vegetable:
- Starch:
- Dairy & Fruit:



The diagram shows a circular plate divided into four quadrants: top-left (yellow) for Bread, Grains & Starchy Vegetables; top-right (red) for Meat and Protein; bottom-left (green) for Non-Starchy Vegetables; and bottom-right (green) for Non-Starchy Vegetables. Surrounding the plate are icons for Fruit (apple) and Milk (milk carton).

Lunch

- Protein:
- Vegetable:
- Starch:
- Dairy & Fruit:



The diagram shows a circular plate divided into four quadrants: top-left (yellow) for Bread, Grains & Starchy Vegetables; top-right (red) for Meat and Protein; bottom-left (green) for Non-Starchy Vegetables; and bottom-right (green) for Non-Starchy Vegetables. Surrounding the plate are icons for Fruit (apple) and Milk (milk carton).

Dinner

- Protein:
- Vegetable:
- Starch:
- Dairy & Fruit:

Plate Method

Daily Recommendations:

- 4+ servings of vegetables
 - Green vegetables 3+ times per week
 - Orange/red vegetables 5+ times per week
 - Beans 3+ servings per week
- 3+ servings of fruit
- 6 oz grains (at least 3oz whole grain)
- 2 cups dairy (milk or yogurt)
- 6.5 oz protein (lean meat, poultry, fish)
- 2-4 Tbsp oil, cold pressed/virgin olive, avocado used in cooking or dressing

Use standardized servings:

- fruit or veg - 1 cup raw or ½ cup cooked
- starchy veg/beans – ½ cup
- grain – 1oz or ½ cup
- pasta/rice - 1/3 cup
- animal protein – 3oz, size of card deck
- nut butter – 2 Tbsp

Create a balanced plate

1. **Proteins** – *quarter of the plate* - animal or plant based: beans, lentils, peanut butter, eggs or seafood, chicken, red meat: pork, beef, lamb
2. **Starches** – *quarter of the plate* - grains: brown or wild rice, barley, bulgur wheat, quinoa, buckwheat, rye berries, pasta, couscous, Season with herbs, spices, lemon or lime
 1. Or starchy/ high carb vegetables: potatoes, sweet potatoes, corn, peas, parsnips
3. **Vegetables** – *half of the plate* - fresh salads, salsas; or cooked vegetables: cabbage/slaw, broccoli, cauliflower, zucchini, carrots, peppers etc
4. Add heart **healthy oils** to season – dressing, olive oil & vinegar, avocado or olives, consider using ground flax, hemp hearts, chia or pumpkin or sunflower seeds
5. Grab a **fruit** and/or **yogurt** as dessert, or save for a snack after the meal