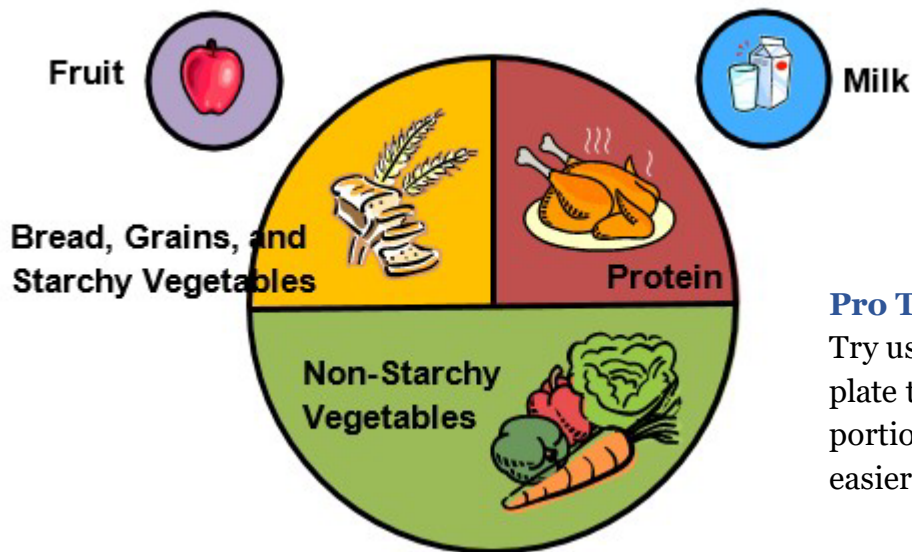


Focus on Your Plate

Make healthy eating easy with something you use every day: your plate! The “plate method” is a practical way to get the balanced nutrition that you need on a daily basis.



Pro Tip!

Try using a 9-inch plate to help make portion control easier.

Fruit

All fruit counts: fresh, frozen, canned, or dried. Drain and rinse canned fruit. Watch portion sizes on dried fruit.

Non-Starchy Vegetables

Vegetables may be raw, cooked, fresh, frozen, or canned. Drain and rinse canned vegetables.

Dairy

Choose products made from nonfat or low-fat milk. If you cannot have milk, you may choose yogurt or milk alternatives (e.g. soy milk, almond milk).

Bread, Grains, and Starchy Vegetables

Any grain (e.g. wheat, rice, oats, quinoa, corn) or food made from a grain (e.g. bread, tortillas, pasta) is a grain product.

Starchy vegetables include potatoes, winter squash, beans, and peas.

Protein

Protein foods include meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds. Low-fat cheese and Greek yogurt can also be used for protein.

Lean proteins include seafood, skinless poultry, extra lean ground meat, and meat with little marbling.