

Fine Tuning Your Plate



NON-STARCHY VEGETABLE IDEAS

(Serving size: ½ of the plate)

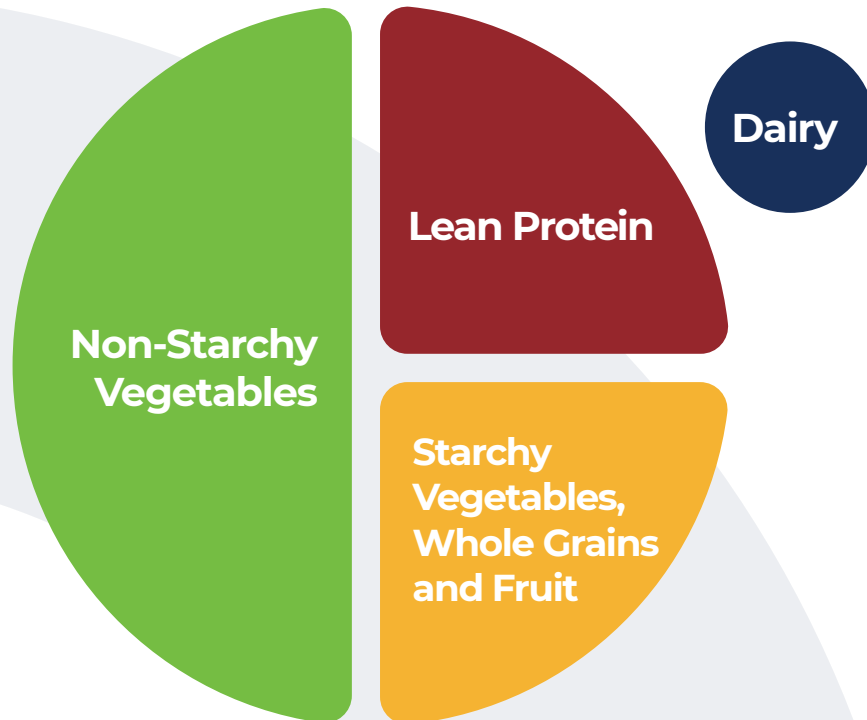
Artichoke
 Artichoke hearts
 Asparagus
 Baby corn
 Bamboo shoots
 Bean sprouts
 Beets
 Broccoli
 Brussels sprouts
 Cabbage

Carrots
 Cauliflower
 Celery
 Chayote
 Coleslaw *packaged, no dressing*
 Cucumber
 Eggplant
 Gourds
 Green beans
 Green onions

Greens
 Hearts of palm
 Jicama
 Kohlrabi
 Leeks
 Lettuce *all varieties*
 Mixed vegetables
*without peas,
 corn or pasta*
 Mushrooms

Okra
 Onions
 Oriental radish or diakon
 Pea pods
 Peppers *all varieties*
 Radishes
 Rutabaga
 Sauerkraut
 Soybean sprouts
 Spinach

Squash
summer, crookneck, zucchini
 Sugar snap peas
 Swiss chard
 Tomato
 Tomato sauce
 Turnips
 Water chestnuts



PROTEIN IDEAS

(Serving size: ¼ of the plate or 3-4 oz – size of a deck of cards)

Beef
*select or choice grades
 trimmed of fat*
 Ground round
 Roast
chuck, rib, rump
 Round
 Sirloin
 Steak
*cubed, flank,
 porterhouse, T-bone*
 Tenderloin
 Cheese
low-fat
 Chicken
 Cottage cheese
low-fat

Deli meat
 Egg beaters or egg
 Game
 Buffalo
 Venison
 Lamb
 Lean pork
 Milk
 Nuts
 Plant-based
 Beans
 Lentils
 Nuts
 Seeds
 Soy
 Tofu

Protein bar
 Seafood and fish
 Clams
 Cod
 Crab
 Halibut
 Lobster
 Salmon
 Scallops
 Shrimp
 Tilapia
 Tuna
 Turkey
 Turkey sausage
 Yogurt

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STARCHY VEGETABLES, WHOLE GRAINS AND FRUIT IDEAS

(Serving size: ¼ of the plate)

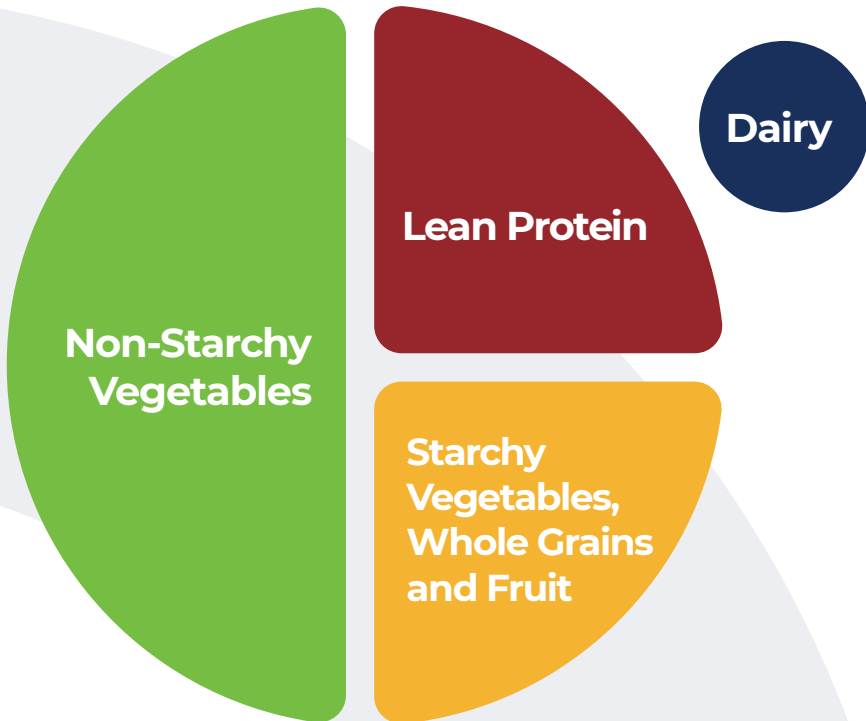
Baked chips
Barley
Beans
Bran
Brown rice
Bulgur

Corn
Corn tortillas
Couscous
Fruit *All varieties*
Granola
Grits

Kasha
Oatmeal
Peas
Plantain
Popcorn
Potato

Pumpkin/winter squash
Quinoa
Sweet potato
Wheat germ
Whole-wheat bagel (small)
Whole-wheat bread

Whole-wheat crackers
Whole-wheat English muffin
Whole-wheat pasta
Whole-wheat pita
Whole-wheat tortilla



SNACK IDEAS

Think fiber + protein

Protein ideas for satiety

Lean deli meat
Light string cheese
Light yogurt
Low-fat cottage cheese
Low-fat sliced cheese
Natural peanut butter
Nuts
Skim milk

Fiber ideas for fullness

Fruit
Whole-wheat bread
Whole-wheat crackers
Whole-wheat pita