

# Fine Tuning Your Plate

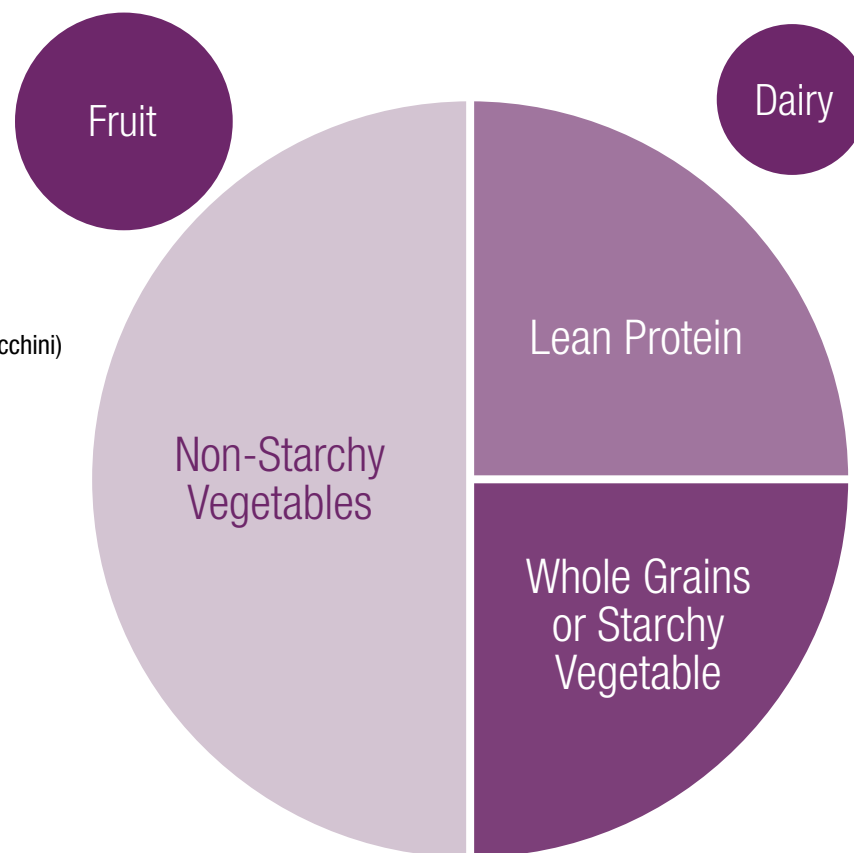
## NON-STARCHY VEGETABLE IDEAS [Serving Size: ½ of the plate]

- |                  |                                                   |                                         |
|------------------|---------------------------------------------------|-----------------------------------------|
| Artichoke        | Gourds                                            | Pea pods                                |
| Artichoke hearts | Green onions                                      | Peppers (all varieties)                 |
| Asparagus        | Greens                                            | Radishes                                |
| Baby corn        | Green beans                                       | Rutabaga                                |
| Bamboo shoots    | Hearts of palm                                    | Sauerkraut                              |
| Bean sprouts     | Jicama                                            | Soybean sprouts                         |
| Beets            | Kohlrabi                                          | Spinach                                 |
| Broccoli         | Leeks                                             | Squash<br>(summer, crookneck, zucchini) |
| Brussel sprouts  | Lettuce (all varieties)                           | Sugar snap peas                         |
| Cabbage          | Mixed vegetables<br>(without peas, corn or pasta) | Swiss chard                             |
| Carrots          | Mung bean sprouts                                 | Tomato                                  |
| Cauliflower      | Mushrooms                                         | Tomato sauce                            |
| Celery           | Okra                                              | Turnips                                 |
| Chayote          | Onions                                            | Water chestnuts                         |
| Coleslaw         | Oriental radish or diakon                         |                                         |
| Eggplant         |                                                   |                                         |

## PROTEIN IDEAS

[Serving Size: ¼ of the plate or 3-4 oz – the size of a deck of cards]

- |                                                     |                    |                                          |
|-----------------------------------------------------|--------------------|------------------------------------------|
| Beef<br>(Select or choice grades<br>trimmed of fat) | Egg beaters or egg | Soy substitute<br>(Boca or Morning Star) |
| ▶ Ground round                                      | Fish               | Shellfish                                |
| ▶ Roast (chuck, rib, rump)                          | Chicken            | ▶ Clams                                  |
| ▶ Round                                             | Turkey             | ▶ Crab                                   |
| ▶ Sirloin                                           | Lean pork          | ▶ Lobster                                |
| ▶ Steak (cubed, flank,<br>porterhouse, T-bone)      | Lamb               | ▶ Scallops                               |
| ▶ Tenderloin                                        | Deli meat          | ▶ Shrimp                                 |
| Low-fat cheese                                      | Canned salmon      | Game                                     |
| Low-fat cottage cheese                              | Turkey sausage     | ▶ Buffalo                                |
|                                                     | Tofu (light)       | ▶ Venison                                |



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## STARCH IDEAS [Serving Size: ¼ of the plate]

Whole-wheat bagel (small)	Couscous	Corn
Whole-wheat bread	Granola	Peas
Whole-wheat English muffin	Grits	Potato
Whole-wheat pita	Kasha	Pumpkin/winter squash
Whole-wheat tortilla	Whole-wheat pasta	Whole-wheat crackers
Barley	Quinoa	Baked chips
Bran	Brown rice	
Bulgur	Wheat germ	

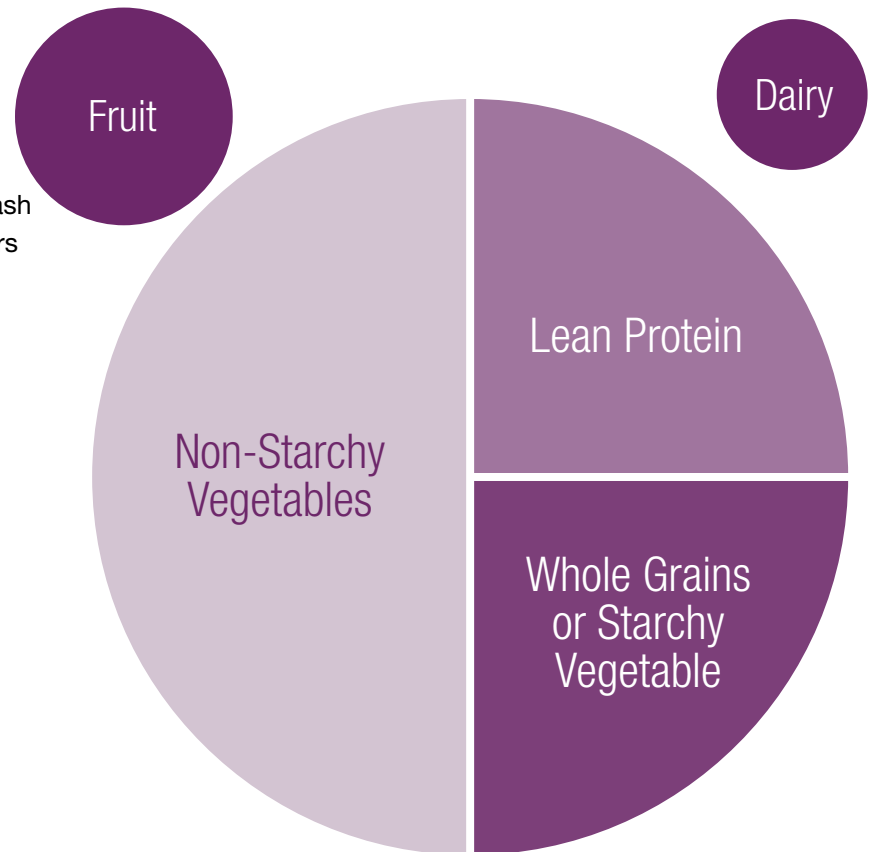
## FUNCTIONAL & SCHEDULED SNACKS: THINK FIBER + PROTEIN

### PROTEIN IDEAS FOR SATIETY

Low-fat sliced cheese	Laughing Cow cheese wedge	Skim milk
Low-fat cottage cheese	Light string cheese	Light yogurt
Natural peanut butter (2 Tbs)	Low-fat deli meat	Almonds

### FIBER IDEAS FOR FULLNESS

Whole-wheat crackers	Small pear	Small banana
Sliced oranges	Healthy Life bread	South Beach bar
Small apple	Fiber One bar	
½ Whole-wheat pita	Fiber One cereal	



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