

# The Balanced Plate

Try to use a 9–10” plate for meals.

## NON-STARCHY VEGETABLES

- Choose fresh or frozen vegetables that have no added sauce, fat or salt most often.
- Aim for a variety of colors and types of vegetables.
- You should be able to fit 1–2 cups of vegetables on half of the plate at lunch and dinner.

## LEAN PROTEIN

- Choose skinless fish and poultry more often.
- Select lean cuts of meat and trim off all visible fat.
- Try to bake, broil, grill or boil meats and meat substitutes instead of frying.
- Read food labels and choose meats and cheeses with less than 5 grams of fat per serving.

## STARCHY VEGETABLES, WHOLE GRAINS AND FRUIT

- Aim to choose more whole-grain foods.
- Add less fat when cooking and to prepared grains, beans and starchy vegetables.
- Choose higher fiber starchy foods whenever possible.
- Try to choose more fresh or frozen fruits than juices because the whole fruits have more fiber.
- When choosing canned or juice options, look for unsweetened varieties or 100% juice products.

## DAIRY

- Choose fat-free or low-fat milk and yogurt.
- Choose unsweetened products or products with artificial sweeteners.



# Suggested Servings

## FRUIT

Choose \_\_\_\_\_ servings per day.

Apple	2 inches (small)
Banana	6-inch segment
Berries	1 cup
Cherries, fresh	12 large
Canned fruit	½ cup
Juice (apple, orange, grapefruit, pineapple)	½ cup
Juice (grape, peach, pear, prune)	⅓ cup
Grapefruit	½ grapefruit
	¾ cup
Grapes	17
Melon	1 slice (10 ounces)
	1 cup
Orange	3 inches (small)
Peach	1 small
	½ cup
Pear	½ large
	1 small
Raisins	2 tbsps

## MEAT & MEAT SUBSTITUTES

Choose \_\_\_\_\_ ounces per meal.

Each ounce of these foods, by weight, contains 7 grams of protein.

### MEAT

Beef	Fish
Chicken	Seafood
Lamb	Turkey
Pork	

### MEAT SUBSTITUTES

(1-ounce equivalents)

Cottage cheese	¼ cup
Cheese	1 ounce
Egg	1
Greek Yogurt	¼ cup
Peanut butter	1 tbsp
Tofu	½ cup
	1 ounce

## GRAINS/STARCHY VEGETABLES

Choose \_\_\_\_\_ servings per meal.

Sandwich bread, regular	1 slice
Sandwich bread, low-calorie	2 slices
Bagel	1 ounce (½ small)
English muffin	1 ounce (½ large)
Hamburger/hot dog bun	½ bun
6" pita	½ pita
Pancake/waffle	4 inch
Tortilla	6 inch
Breadstick	4-inch segment
Dinner roll	1 small
Biscuit	2 ½ inches
Potato	3 ounces baked
	½ cup mashed
	3 ounces fried
Beans (pinto, black, kidney, etc)	½ cup
Baked beans	⅓ cup
Corn	½ cup, 6-inch cob
Peas	½ cup
Breakfast cereal	see label
Pasta, cooked	⅓ cup
Rice, cooked	⅓ cup
Graham cracker	3 squares
Crackers	see label
Popcorn	3 cups
Potato chips	1 ounce
Pretzels	¾ ounce
Tortilla chips	1 ounce
Soup	1 cup

## VEGETABLES

Choose \_\_\_\_\_ servings per meal.

One serving is: 1 cup fresh or ½ cup cooked or canned.

Artichoke	Cabbage	Mushrooms
Asparagus	Carrots	Peppers
Beans (green, wax)	Cauliflower	Radishes
Beets	Celery	Spinach
Broccoli	Cucumbers	Tomato
Brussels sprouts	Greens	Zucchini
	Lettuce	
Juice, tomato or V8		½ cup

## FATS

Choose \_\_\_\_\_ servings per day.

Aim to include heart-healthy options such as nuts. Avoid saturated and trans fats when possible. One serving of these foods contains 5 grams of fat.

### MONOUNSATURATED FATS

Oil (olive, canola, peanut)	1 tsp
Almonds/cashews	6 nuts
Pecan	4 halves

### POLYUNSATURATED FATS

Heart-healthy margarines	1 tbsp
Oil (corn/safflower/soy)	1 tsp
Mayonnaise, regular	1 tsp
Mayonnaise, low-fat	1 tbsp
Salad dressing, regular	2 tsp
Salad dressing, low-fat	1 tbsp

### SATURATED FAT

Butter	1 tsp
Cream cheese, regular	1 tbsp
Cream cheese, low-fat	1½ tbsp
Sour cream, regular	2 tbsp
Sour cream, low-fat	3 tbsp

## DAIRY

Choose \_\_\_\_\_ servings per day.

Milk (skim, 1%)	1 cup
Evaporated milk	½ cup
Soy, almond, coconut milk (unsweetened)	1 cup
Yogurt (no sugar added)	6 ounces

## FLUIDS

Choose \_\_\_\_\_ fluid ounces per day.

Choose calorie and caffeine-free drinks most often.

Coffee
Tea, unsweetened or artificially sweetened
Diet soft drinks
Sugar-free gelatin
Water

## LIST MEAL IDEAS

### BREAKFAST

You do not have to include vegetables at breakfast if you do not want to, but try to get three of the four remaining food groups at this meal. An example breakfast might be toast, scrambled eggs, and an orange.

### LUNCH/DINNER