

# 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.



