

Healthy Plate





Nonstarchy Vegetables

1-2 servings per meal



1 serving = 1 cup raw or ½ cup cooked of vegetables such as:

- Asparagus
- Broccoli
- Cauliflower
- Cucumbers
- Green beans
- Lettuce
- Mushrooms
- Peppers
- Tomato
- Zucchini

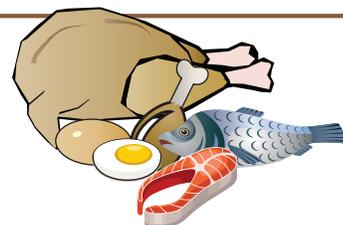


Protein

1-3 servings per meal

1 serving =

- 1 ounce fish, skinless chicken or lean meat
- 1 ounce reduced fat cheese
- 1 egg
- 1 tablespoon peanut butter



Grains/Starches

1-2 servings per meal

1 serving =

- 1 slice whole grain bread
- ½ - ¾ cup dry, unsweetened cereal
- ½ cup cooked oatmeal
- ½ large corn on the cob
- ½ cup peas or beans
- ⅓ cup cooked pasta or rice
- 1 medium potato



Fruit

2-3 servings per day

1 serving =

- Tennis ball size piece of fruit
- 1 cup berries or melon
- 17 small grapes
- ½ banana



Dairy

1 serving =

- 8 oz low fat milk
- 6 ounces yogurt



Fats

1 serving =

- 1 teaspoon oil, margarine, mayonnaise, butter
- 1 tablespoon regular salad dressing
- 2 tablespoons of reduced-fat salad dressing
- ¼ cup nuts

