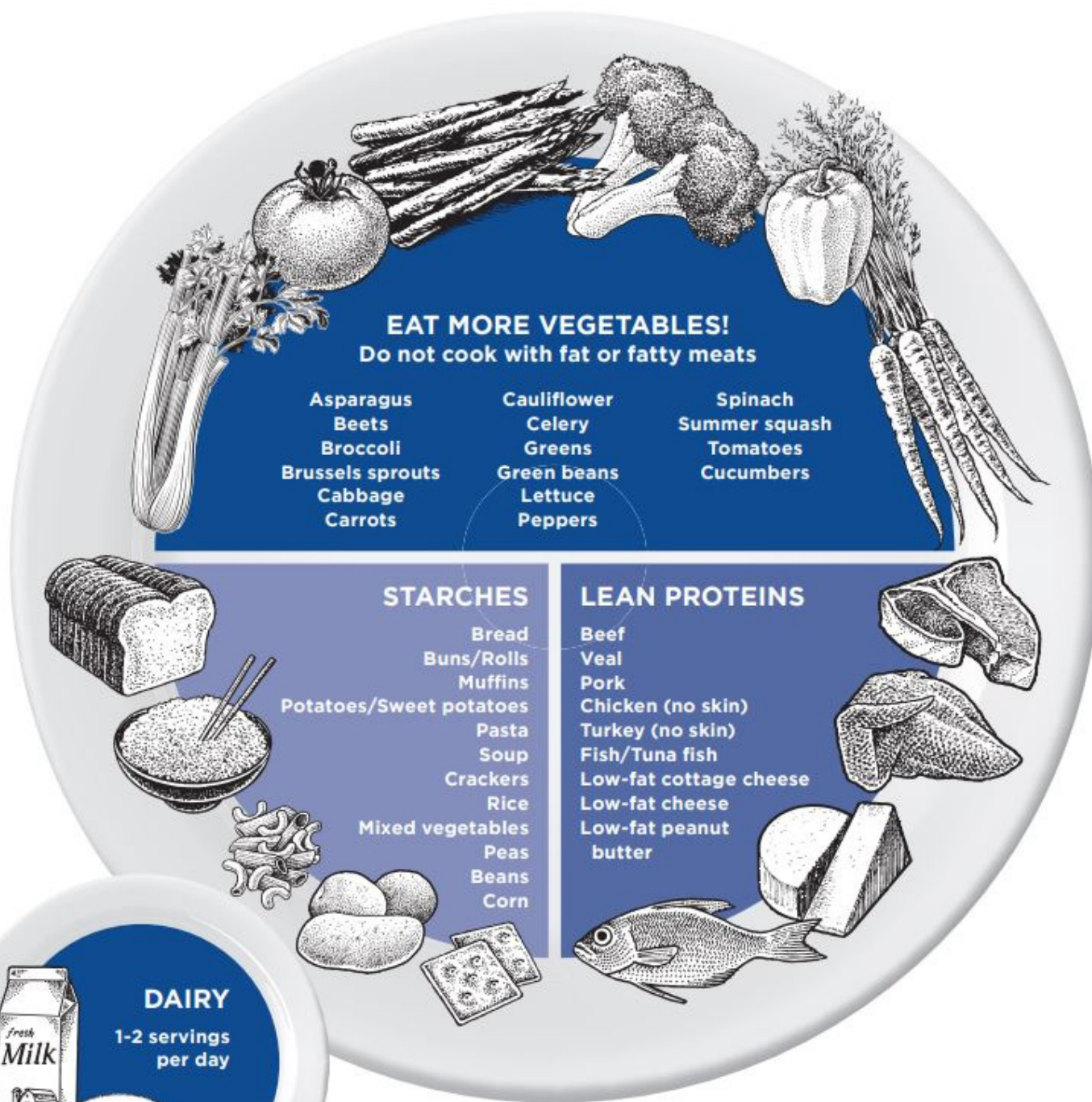


# Make Your Plate



Recommended  
Plate size 9-10 inches





# Vegetables



- Artichokes
- Asparagus
- Bell peppers
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Corn
- Cucumber
- Eggplant
- Garlic
- Green beans
- Green peas
- Green peppers
- Hummus
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnips / Turnips
- Peas
- Pumpkin
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Tomato
- Water chestnuts
- Zucchini



## **Foods to Use in Moderation**

- French fries
- Fried vegetables
- Limit sauces and butters

# Proteins



## Meat Based Proteins

- Chicken breast
- Fish
- Lean ground beef
- Lean ground turkey
- Lean ham
- Low-fat sausage
- Pork, Lean chop or tenderloin
- Pork, Low-fat sausage
- Salmon
- Shrimp
- Top sirloin steak
- Turkey
- Wild-game meat



## Non-Meat Based Proteins

- Almonds (high in fat)
- Beans (black / kidney / chickpeas)
- Cashews (high in fat)
- Edamame
- Eggs, egg whites or substitutes
- Lentils
- Nut Butters
- Peanut butter
- PB (peanut butter) powder
- Protein bar
- Tofu/Soy Proteins
- Protein shakes



## Foods to Use in Moderation

- Fried chicken and fish
- High-fat beef (ground chuck, ribs)
- High-fat luncheon meats such as bologna, salami and pepperoni
- Processed meat such as hot dogs & pork bacon
- Poultry with skin or dark meat
- Fish in butter or cream sauce



# Starches



- Apple
- Banana
- Barley
- Blackberries
- Blueberries
- Brown rice
- Cherries
- Cranberries
- Dragon Fruit
- Dried Fruit
- English muffins
- Grapefruit
- Grapes
- Hamburger buns (wheat, lighter versions)
- Honeydew
- High-fiber cereal
- Kiwi
- Lemon / Lime
- Mandarin
- Mango
- Melons
- Nectarines
- Oatmeal
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Pita bread (whole wheat)
- Plums
- Potatoes
- Prunes
- Quinoa
- Steamed brown rice
- Strawberries
- Sugar-free applesauce
- Sweet Potatoes
- Tortillas (whole wheat)
- Whole grains



## **Foods to Use in Moderation**

- White bread and pasta
- Stuffing
- Cakes, cookies
- Pretzels and chips
- Granola bars



# Starches (Dairy)



- Almond milk
  - Babybel Cheese
  - Cheese -all types (low-fat) \*
  - Low-fat cottage cheese\*
  - Fat-free Greek yogurt\*
  - Lactaid milk
  - Plain or light soy milk
  - Reduced fat cheese
  - Skim or 1% milk
  - Sour cream (low-fat)
- \*May be considered toward protein options



## **Foods to Use in Moderation**

- Whole milk
- Full-fat cheese
- Ice cream
- Creamer
- Sour cream (regular)
- Regular whipped cream





# Healthy Fats



- Avocado
- Canola oil
- Coconut oil
- Cooking spray
- Extra virgin olive oil
- Flax seed oil
- Italian vinaegrette
- Light butter or margarine
- Low-fat cream cheese
- Pre-made oil/vinegar dressing
- Reduced-fat Miracle Whip or mayonnaise
- Reduced-fat salad dressing
- Safflower oil
- Spray butter
- Sunflower oil
- Sunflower seeds
- Sunflower seeds

*\*Fats are part of the overall plate selection (and not separated out). They represent approximately 25-30% of your daily intake. and can be found in some of your protein, vegetable, & starch selections alongside the above listed items..*



## **Foods to Use in Moderation**

- Butter or margarine
- Regular salad dressing
- Full-fat versions of Miracle Whip, mayonnaise, cream cheese, sour cream



# Condiments



- ·A Balsamic vinegar
- ·Green enchilada sauce
- ·Ketchup and mustard
- ·Lemon juice
- ·Light teriyaki marinade
- ·Low fat or fat-free Cool whip
- ·Low sodium broths (chicken, beef, or vegetable)
- ·Low sugar BBQ sauce
- ·Pickles
- ·Relish
- ·Salsa
- ·Salt-free seasonings and spices
- ·Splenda/Stevia
- ·Syrup(s) - sugar free
- ·Worcester sauce (low sodium if available)

*\* Condiments help to add life to your plate without a lot of calories.*



## **Foods to Use in Moderation**

- ·Chocolate or caramel sauce
- ·Sauces high in sugar



# Measuring Foods:

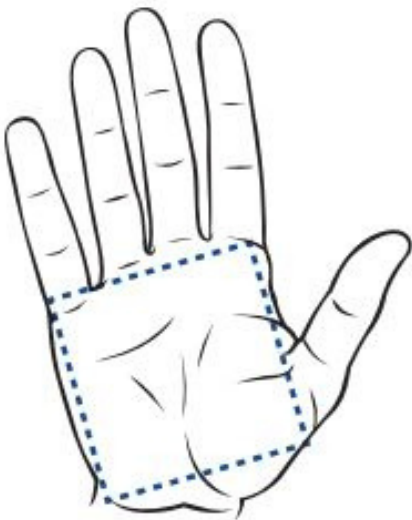
Measuring or weighing foods is the most accurate way to figure out a portion size. For a quick estimation of portion sizes, try your hand at these guidelines (hand sizes vary)



A fist is about 1 cup



Your thumb is about 1 tablespoon



Your palm, not including fingers and thumb, is about 3 ounces of meat



Your thumb tip is about 1 teaspoon





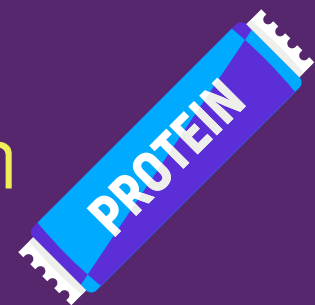
# Serving Sizes



- **Starches:** 1 slice wheat bread,  $\frac{3}{4}$  cup cooked cereal, or  $\frac{1}{3}$  cup rice
- **Fruit:** 1 piece fresh,  $\frac{1}{2}$  cup chopped or canned,  $\frac{1}{2}$  cup juice
- **Non-starch vegetables:** 1 cup raw leafy,  $\frac{1}{2}$  cup other vegetable cooked or raw, or  $\frac{3}{4}$  cup vegetable juice
- **Meat:** 1 ounce cooked, 1 large egg,  $\frac{1}{4}$  cup egg substitute or 2 tablespoons peanut butter
- **Milk:** 1 cup low-fat milk,  $\frac{2}{3}$  cup yogurt or 1  $\frac{1}{2}$  ounces low-fat cheese

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## Recommendations for Protein Supplementation (bars / shakes):



- At least 15 grams of **protein** per 8oz (or per cup)
- Less than 20 grams of total **carbohydrate**
- Less than 10 grams of total **fat**