

Healthy Eating

What Your Plate Should Look Like

Fill one-quarter of your plate with lean proteins

- Grilled Chicken
- Turkey Breast
- Fish
- Eggs
- Cooked Beans
- Lentils
- Tofu

TIP: Keep it lean. Broil, grill, roast, poach, or boil meat, poultry or fish instead of frying.



Fill one-quarter of your plate with whole grains

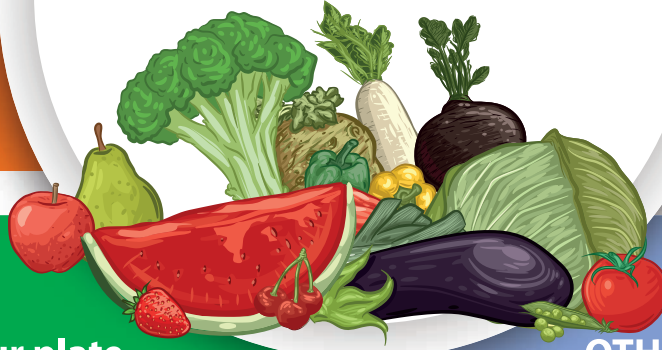
- Brown Rice
- Quinoa
- Whole-grain Pasta or Bread
- Whole Wheat or Corn Tortilla
- Bulgur
- Corn
- Oats



Fill half of your plate with fruits and vegetables

- Carrots
- Spinach
- Broccoli
- Berries
- Apples
- Collard Greens
- Kiwi
- Green Tomatoes

TIP: Brighten your plate with a colorful variety of fruits and vegetables. They are full of vitamins and minerals.



OTHER TIPS:

- To complete your meal, add 2 - 3 servings of nonfat or 1% milk or yogurt each day.
- Limit foods with excess sugar, salt and fat.
- Eat less processed foods such as lunch meats or pre-made foods.
- Drink more water and less sweetened beverages.
- Be aware of over-sized portions.
- Eat breakfast! It is the most important meal of the day.

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Portion Size Guide

An important part of eating healthy is knowing how much we eat. Many of us think a serving size is much larger than it actually is. Comparing real portions to everyday items is an easy way to help understand correct portion sizes.



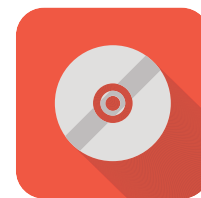
1 cup = baseball
or size of a fist



1/2 cup = 1/2 baseball



3 oz. chicken, meat,
fish = palm of hand or
deck of cards



1 oz. lunch meat or
1 corn tortilla = DVD



1 oz. or
2 Tbsp. = golf ball



1 oz. = 1 handful



1/4 cup = 1 large egg



1 tsp. = 1 die cube
or thumb tip

Fruits & Vegetables

Increase your vegetable servings by adding one at lunch and one at dinner.

- 1 cup salad greens
- 1/2 cup cooked vegetables
- 1/2 cup chopped or canned fruit
- 1/4 cup dried fruit
- 1 medium (baseball size) apple, orange or peach
- Limit juice to 1/2 cup (4 oz.) per day of 100% fruit juice
- 1/2 cup of mashed potato, yam or sweet potato

Lean Proteins

Limit meats to 6 oz. a day and choose lean meats.

- 3 oz. lean meat, poultry or fish
- 2 Tbsp. peanut butter
- 2 Tbsp. hummus
- 1 egg = 1 oz. of protein
- 1/2 cup of cooked beans or lentils
- 1 oz. lunch meat
- 1 oz. of nuts

Bread, Grains & Pasta

Make half of all grains whole grains.

- 1/2 cup of cooked oats, quinoa, rice and pasta
- 1 cup of dry cereal (Cheerios®)
- 1 corn tortilla
- 1 slice of bread
- Half a bagel
- 1 cup of popcorn

Dairy

Switch to 1% or fat-free milk products.

- 1 cup low fat milk, yogurt or fortified soy milk
- 2 dice size of cheese
- 1/2 cup ice cream or frozen yogurt

Fats

Limit to no more than 3 servings a day.

- 1 tsp. oil, butter, margarine or mayonnaise
- 2 Tbsp. salad dressing

USDA's ChooseMyPlate.gov website has charts that include a person's gender and age, along with corresponding recommended daily servings.