

Plan Your Plate!

FRUIT

A serving is:

- 1 medium piece of fruit
- 1/2 c. of canned fruit
- 1/4 c. of dried fruit
- 3/4 c. of 100% fruit juice

Choose fruits and fruit juices without added sweeteners or syrups.

DAIRY

A serving is:

- 1 c. of lowfat milk
- 1 c. of lowfat yogurt

Choose low-fat or nonfat milk or yogurt.

This much
of your plate should be:
**NON-STARCHY
VEGETABLES**

A serving is 1/2 cup of cooked or 1 cup of raw:

- greens:
 - turnip
 - mustard
 - collard
 - cabbage
- lettuce
- broccoli
- tomato
- squash
- okra
- carrots
- mushrooms
- onion
- cucumber
- celery

Choose fresh or frozen vegetables without added sauces, fats, or salt.

This much
of your plate should be:

STARCHES

A serving is:

- 1/2 c. rice, pasta, cereal
- 1 slice of bread
- 1 brown and serve roll
- 1 2" cube cornbread
- 1/2 c. corn, peas, potatoes

Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, or brown rice. They're nutritious and high in fiber.

This much
of your plate should be:

MEAT

A serving is:

- 2-3 ounces of cooked poultry, fish, beef, pork
- 2 ounces of lowfat cheese
- 1/2 c. cooked beans
- 2 tablespoons peanut butter

Bake, roast, broil, grill or boil instead of frying or adding fat.

FREE FOODS

- spices
- lemon, lime juice
- tabasco sauce
- prepared mustard
- pepper sauce
- artificial sweetener

These have very few calories. Use them to flavor your foods.

FATS

A serving is:

- 1 teaspoon of soft margarine
- 1 teaspoon of mayonnaise
- 1 tablespoon of salad dressing

Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.

