

USING THE PLATE METHOD FOR A BALANCED MEAL PLAN

Eating healthy can be a challenge. The Plate Method helps you balance your nutrients so you can eat healthier. It is a simple tool that can make meal planning easier.

Divide your plate into sections

- 1/2 non-starchy vegetables (spinach, broccoli)
- 1/4 lean, low-fat protein (chicken or other poultry, fish, eggs, tofu)
- 1/4 carbohydrates (breads, grains)

Add

- Low-calorie drink, such as water, unsweetened tea or coffee
- Serving of fruit, a serving of dairy or both as your meal plan allows; or salad (beware of high calorie dressings)

Work with your healthcare provider to set up a meal plan that's right for you

Healthy Portion Sizes



1 OZ. CHEESE = 4 DICE



3 OZ. MEAT = A DECK OF CARDS



1 TSP. BUTTER = A THUMB TIP



1 TBSP. PEANUT BUTTER = A WHOLE THUMB



1 CUP SALAD GREENS = A BASEBALL



1/2 CUP COOKED RICE = HALF OF A BASEBALL



8 OZ. LOW
CALORIE
DRINK



1/2 CUP
FRUIT



**1/2 Non-Starchy Vegetables + 1/4 Grains & Starches + 1/4 Lean Protein
= 1 Great Plate**

Grains & Starchy Vegetables	Fruit	Dairy	Non-Starchy Vegetables	Protein	Healthy Fats	Snacks
<p>One serving is $\frac{3}{4}$ to 1 cup:</p> <p>Grains</p> <ul style="list-style-type: none"> Whole wheat flour Whole oats/oatmeal Popcorn Brown rice Whole rye Whole grain barley Whole farro Wild rice Buckwheat Millet Quinoa Sorghum <p>Starchy Vegetables</p> <ul style="list-style-type: none"> Parsnip Plantain Potato Pumpkin Acorn squash Butternut squash Green peas Corn <p>Legumes/Beans</p> <ul style="list-style-type: none"> Lentils Black beans Pinto beans 	<p>One serving is 1 small piece of whole fruit or $\frac{1}{2}$ cup:</p> <ul style="list-style-type: none"> Apple Apricots Banana Blackberries Blueberries Cherries Fruit cocktail Grapefruit Grapes Kiwi Mango Melon Nectarine Orange Peaches Pears Pineapple Raspberries Plums Strawberries Watermelon 	<p>One serving is 1 cup:</p> <p>Milk/Yogurt</p> <ul style="list-style-type: none"> Fat-free milk Low-fat milk Plain non-fat yogurt Non-fat light yogurt Soy milk Rice milk Almond milk <p>Cheeses</p> <ul style="list-style-type: none"> Hard cheese (1 $\frac{1}{2}$ oz.) Shredded cheese ($\frac{1}{3}$ cup) Ricotta cheese ($\frac{1}{2}$ cup) Processed cheese (2 oz.) Cottage cheese (2 cups) 	<p>One serving is $\frac{1}{2}$ cup cooked or 1 cup raw:</p> <ul style="list-style-type: none"> Asparagus Artichoke Beans (green/wax) Brussel sprouts Beets Broccoli Cabbage Carrots Cauliflower Celery Cucumber Eggplant Greens (collard, kale, mustard, spinach) Mushrooms Onions Pea pods Peppers Salad greens (romaine, arugula) Tomatoes Turnips Zucchini 	<p>One serving is 3–4 oz. of meat or seafood:</p> <ul style="list-style-type: none"> Beef Chicken Fish Ham Lamb Pork Seafood Veal <p>Meat Substitutes (check label for serving size)</p> <ul style="list-style-type: none"> Almond butter Cottage cheese Cheese Edamame Egg Egg substitute Egg whites Hummus Peanut butter Tempeh Tofu Albacore tuna Lentils Black beans Pinto beans 	<p>Check label for serving size</p> <p>Monounsaturated Fats</p> <ul style="list-style-type: none"> Avocado Canola oil Nuts (almonds, cashews) Olives Olive oil Peanut butter Peanut oil Sesame seeds <p>Polyunsaturated Fats</p> <ul style="list-style-type: none"> Corn oil Sunflower oil Walnuts Pumpkin seeds Sunflower seeds Mayonnaise Soft margarine Salad dressing <p>Omega-3 Fatty Acids</p> <ul style="list-style-type: none"> Soybean products Flaxseed oil Flaxseed Canola oil Salmon Albacore tuna Sardines 	<p>Less than 5 grams of carbs:</p> <ul style="list-style-type: none"> 15 almonds 3 celery sticks & 1 tbsp. of peanut butter 5 baby carrots 5 cherry tomatoes & 1 tbsp. of ranch dressing 1 hard-boiled egg $\frac{1}{4}$ cup of fresh blueberries 1 cup light popcorn 2 saltine crackers $\frac{1}{2}$ cup suga-free jello <p>About 10–20 grams of carbs:</p> <ul style="list-style-type: none"> $\frac{1}{4}$ cup of dried fruit & nut mix 1 cup chicken noodle soup 1 small apple or orange 3 cups light popcorn $\frac{1}{3}$ cup hummus & 1 cup raw, fresh-cut veggies 2 rice cakes & 1 tbsp. of peanut butter <p>About 30 grams of carbs:</p> <ul style="list-style-type: none"> 6 oz. light yogurt & $\frac{3}{4}$ cup of berries 1 English muffin & 1 tsp. low-fat margarine $\frac{3}{4}$ cup whole grain cereal & $\frac{1}{2}$ cup of fat free milk 1 medium banana & 1 tbsp. peanut butter

Through better meal planning, you can start living a healthier lifestyle. Above is a food list to help guide you at each meal. It is important to plan your choices and use the Plate Method to create healthy and well balanced meals. Don't forget to think about portion sizes, too. Sometimes the portion you're planning to eat may not be the same as the recommended serving size. Serving sizes are not exact and do not indicate the carb counts.