

Fill Your Plate with Healthy Choices

Fruit:

- 1 medium piece of fresh fruit
- 1/2 cup of unsweetened canned fruit
- 4 oz. of 100% juice

Whole grains &

Starchy vegetables: (1/4 of your plate)

- 1 cup of whole wheat pasta
- 2/3 cup of brown rice
- 1 slice of whole grain bread
- 2 small corn tortillas or
1 whole wheat tortilla
- 1 small (4 oz.) white
or sweet potato

Meats and Meat Substitutes: (1/4 of your plate)

- 3-4 oz. of chicken or turkey
- 4-5 oz. fish
- 3-4 oz. lean beef or pork
(loin and round cuts)
- 2 eggs
- 1 cup beans (legumes)

Milk and Yogurt:

- 8 oz. skim or 1% milk
- 1 cup low fat yogurt

Colorful Vegetables: (1/2 of your plate)

- Broccoli
- Cauliflower
- Spinach
- Carrots
- Tomato
- Dark green lettuce
- Squash
- Peas
- Corn

Use in small amounts:
butter, margarine,
mayonnaise, gravy,
fried & breaded meat,
French fries, chips,
sugar, jelly, pop,
candy, cake, pie
& other sweets

