





## Get Your Plate in Shape Activity Worksheet

**Directions:** Read each statement below. If the statement is always true (7 days/week), give yourself a score of 7. Otherwise, score yourself based on the number of days the statement is true. For example, if the statement is true 4 days a week your score should be 4. After completing each statement, add your scores together and write it in the 'Total Score' box.

Statement	Score
I eat breakfast, lunch and dinner each day.	
I plan my meals and shop carefully to have nutritious foods.	
I eat at least 5 servings of fruits and vegetables a day.	
I choose whole grains at least half the time.	
I eat beans (legumes) and peas weekly.	
I limit high fat meats, deep fat fried foods, desserts, candies, whole milk and other high fat foods.	
I limit high sodium foods like processed meats, fast foods, saimin, salty snacks and high sodium seasonings.	
I limit sugary drinks.	
I limit alcoholic drinks to 2 a day if I am a man and 1 a day if I am a woman.	
I eat when I am physically hungry and stop when I feel satisfied not when I feel full or stuffed.	
<b>Total Score</b>	

Use the scale below to evaluate your total score.

Evaluate your total score using the scale below.	
54 – 70 Total Points	Well done!
35 – 53 Total Points	Making smart choices!
19 – 35 Total Points	Making progress!
Total Points Below 18	Time to get serious!

# It's time to take action

Name: \_\_\_\_\_

Medical record number: \_\_\_\_\_

Physician: \_\_\_\_\_

Date: \_\_\_\_\_



## 1. My current health condition includes:

- Diabetes
- High blood pressure
- High cholesterol/LDL
- Other : \_\_\_\_\_

## 2. When it comes to taking care of my health condition, I would say I'm doing:

- Excellent
- Very good
- Good
- Fair
- Poor

## 3a. I am DOING WELL with:

- Exercise
- Taking my medication
- Maintaining a healthy weight
- Eating better foods
- Reducing my stress
- Cutting down on smoking
- Self blood glucose monitoring
- Blood pressure monitoring

## 3b. I want to DO BETTER with:

- Exercise
- Taking my medication
- Maintaining a healthy weight
- Eating better foods
- Reducing my stress
- Cutting down on smoking
- Self blood glucose monitoring
- Blood pressure monitoring

## 4. When it comes to my health, this is how ready I am to make any changes. (Circle a number between 1 and 10)

1   2   3   4   5   6   7   8   9   10

( 1= not ready to change   10= totally ready )

**I'm ready to make a lifestyle change.** Over the next week, I will:

What: \_\_\_\_\_

How often: \_\_\_\_\_

When: \_\_\_\_\_

How much/many: \_\_\_\_\_

## Examples of lifestyle change:

- I will walk (what), 3 times a week (how often) for 15 minutes (how much), before breakfast (when).
- I will eat half a bowl of rice (what/how much) instead of a full bowl, on five days (how often), at dinner (when).
- I will sign up for **kp.org** (what) today (when) and do 2 things (how much) such as refill my medication and check my lab results.

**Hints for success:** Start with a small goal that YOU are interested in working on. Selecting something that is doable, realistic and reachable in a week's time will help insure success!









# THE LOW-CARB HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with lean protein sources, such as fish, skinless chicken, seafood, eggs, tofu, cooked beans, or lentils.



Fill three-quarters of your plate with raw or cooked non-starchy vegetables, such as bok choy, broccoli, carrots, cucumber, mushrooms, peppers, tomatoes, zucchini, lettuce, marunggay, luo leaves, and other greens.

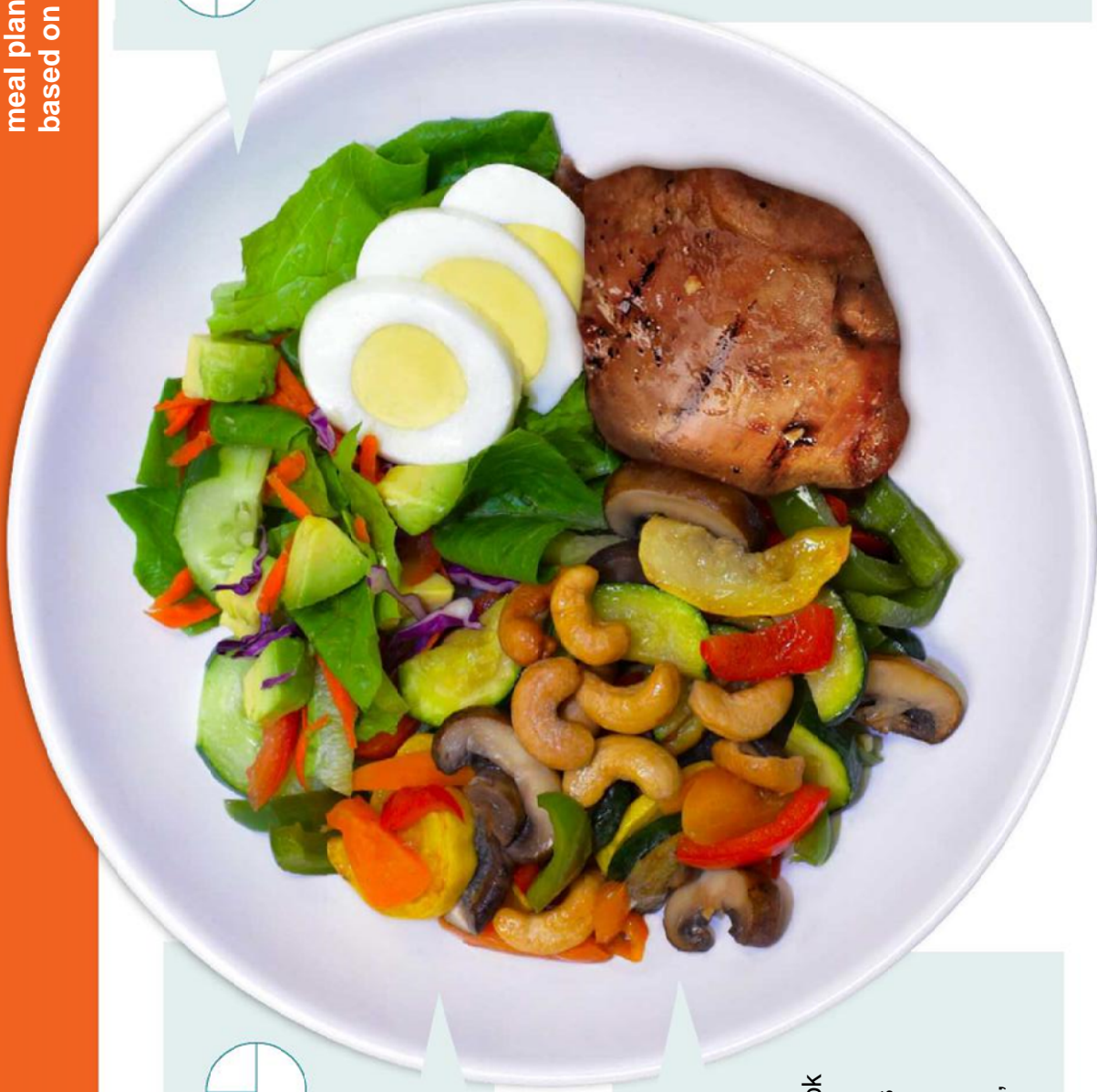


Top off your plate with a small amount of healthy fats, such as avocado or handful of nuts or lean protein as garnish like egg or tofu.

**For good nutrition also:**  
Vary the colors of vegetables. Get one of each of these colors a day.

- Red
- Orange/yellow
- Green
- White/brown
- Blue/purple

You can include unsweetened non-dairy milk like almond, cashew, hemp, or pea protein that is fortified with calcium.



## Ideas for meals and snacks

These sample meals and snacks include foods to build healthy, tasty meals. Portions vary from person to person and can be adjusted based on your needs.

### Breakfast

<ul style="list-style-type: none"> <li>• ½ to 1 cup of egg substitute or scrambled eggs whites (or 2 whole eggs) or 1 cup of tofu (crumbled)</li> <li>• sautéed spinach, mushrooms, onion, tomato</li> </ul>	<ul style="list-style-type: none"> <li>• ½ to 1 cup of cooked oatmeal with 1 tablespoon of pumpkin seeds and 1 tablespoon of ground flaxseed</li> <li>• 1 cup of dairy-free milk</li> </ul>
<ul style="list-style-type: none"> <li>• 1 slice of whole wheat bread with</li> <li>• ½ cup canned tuna or salmon mixed with yogurt or low-fat mayo</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2 cups of cauliflower rice topped with salmon or tuna and furikake</li> <li>• 2 cuties or 1 small orange</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup of plain Greek yogurt, mixed with 1 tablespoon of ground flaxseeds, and 1/2 cup diced fruit</li> </ul>	<ul style="list-style-type: none"> <li>• ½ to 1 cup of cottage cheese</li> <li>• ½ to 1 cup of berries</li> </ul>

### Snacks

<ul style="list-style-type: none"> <li>• Tofu garnished with furikake, shoyu, sesame oil</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup of baked sweet potato</li> </ul>
<ul style="list-style-type: none"> <li>• Hardboiled egg with ½ to 1 cup of baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• Light string cheese with 1/4 cup unsalted nuts</li> </ul>
<ul style="list-style-type: none"> <li>• ½ cup of shelled edamame or 1½ cups with shells</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of tuna salad with veggie sticks</li> </ul>
<ul style="list-style-type: none"> <li>• Fish or beef jerky</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2 tbsps of natural nut butter with celery sticks</li> </ul>
<ul style="list-style-type: none"> <li>• ½ cup olives</li> </ul>	<ul style="list-style-type: none"> <li>• 1-2 cups of tofu watercress salad</li> </ul>

### Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<b>Lettuce Wrap</b> 4-8 ounces of baked tofu or chicken in lettuce wrap with avocado, lettuce or spinach, cucumbers, basil, and peanut sauce	<b>Stir Fry</b> 2 cups of stir-fried vegetables (sautéed with 1 teaspoon of olive oil and garlic) with 4-8 ounces of tofu or 3-4 ounces of chicken and 2 cups of cauliflower rice.
<b>Asian Noodle Salad</b> 3-4 ounces of saba, butterfish, or mackerel with 1-2 cups of shirataki noodles, oriental dressing, and large green salad, and ponzu sauce.	<b>Spaghetti</b> 1-2 cups of ground turkey or tofu and, mushroom spaghetti sauce with 2 cups of spaghetti squash or zucchini noodles.
<b>Bean Soup with Kale</b> <ul style="list-style-type: none"> <li>• 1 cup of canned black bean or lentil soup (low sodium)</li> <li>• 1 cup of cooked kale</li> <li>• 6 whole-grain crackers</li> <li>• 1 apple</li> </ul>	<b>Chickpea (Garbanzo) Salad</b> Greens topped with chickpeas, diced tomatoes, sliced olives, hummus and sprinkle of cheese.
<b>Poke</b> <ul style="list-style-type: none"> <li>• 4-8 ounces tofu poke or 4 ounces fish or shrimp poke</li> <li>• 2 cups of Korean vegetables</li> </ul>	<b>Seafood Salad</b> <ul style="list-style-type: none"> <li>• 1 cup of lomi salmon or sardines and onions</li> <li>• 1-2 cups of Wakame or gobo salad</li> <li>• Bed of greens</li> </ul>
<b>Grilled Portabella Steak</b> Roasted mushroom with vegetables and crumbled feta cheese, mashed cauliflower, and mixed salad greens.	<b>Taco Salad</b> Greens topped with taco seasoned tofu, chicken or lean ground beef. Add salsa, sliced tomatoes and olives, avocado, and plain yogurt to taste.

Healthy meals start at the store. Use this shopping list to help you prepare.

- ✓ Non-starchy Vegetables (5 or more servings daily) – fresh, frozen, or low-sodium canned
- ✓ Cheeses as garnish (light or low-fat cottage, cheddar, feta, Jarlsberg, mozzarella, ricotta)
- ✓ Unsweetened dairy free milk like almond, cashew, hemp
- ✓ Fish and seafood – salmon, tuna, butterfish, saba, crab, lobster, shrimp, scallops, clams, crab, opihī, mussels, tako (octopus), squid
- ✓ Shirataki noodles (yam or konjac)
- ✓ Tofu

- ✓ Poultry skinless chicken and turkey, ground turkey
- ✓ Lean beef, pork, lamb – (loin cuts, 93% lean)
- ✓ Fats and oils (daily) extra virgin olive, canola oils, avocado or avocado oils, ground flax seeds or oil, peanuts or peanut oil, “natural” peanut or other nut butter, seeds (chia, hemp, pumpkin sesame, sunflower, tahini), olives

#### FRUITS OR OTHER STARCHES

- (Limit to 1 or 2 servings per day)  
 Serving size as indicated.  
 1 serving = 7 to 15gm of carbohydrates
- ✓ ½ cup beans, cooked oats, quinoa, taro, poi, or other whole grains and starches
  - ✓ About 1 cup of berries or melon
  - ✓ 1 cup of plain yogurt or milk
  - ✓ 4 ounces of tempeh

#### STRICTLY LIMIT

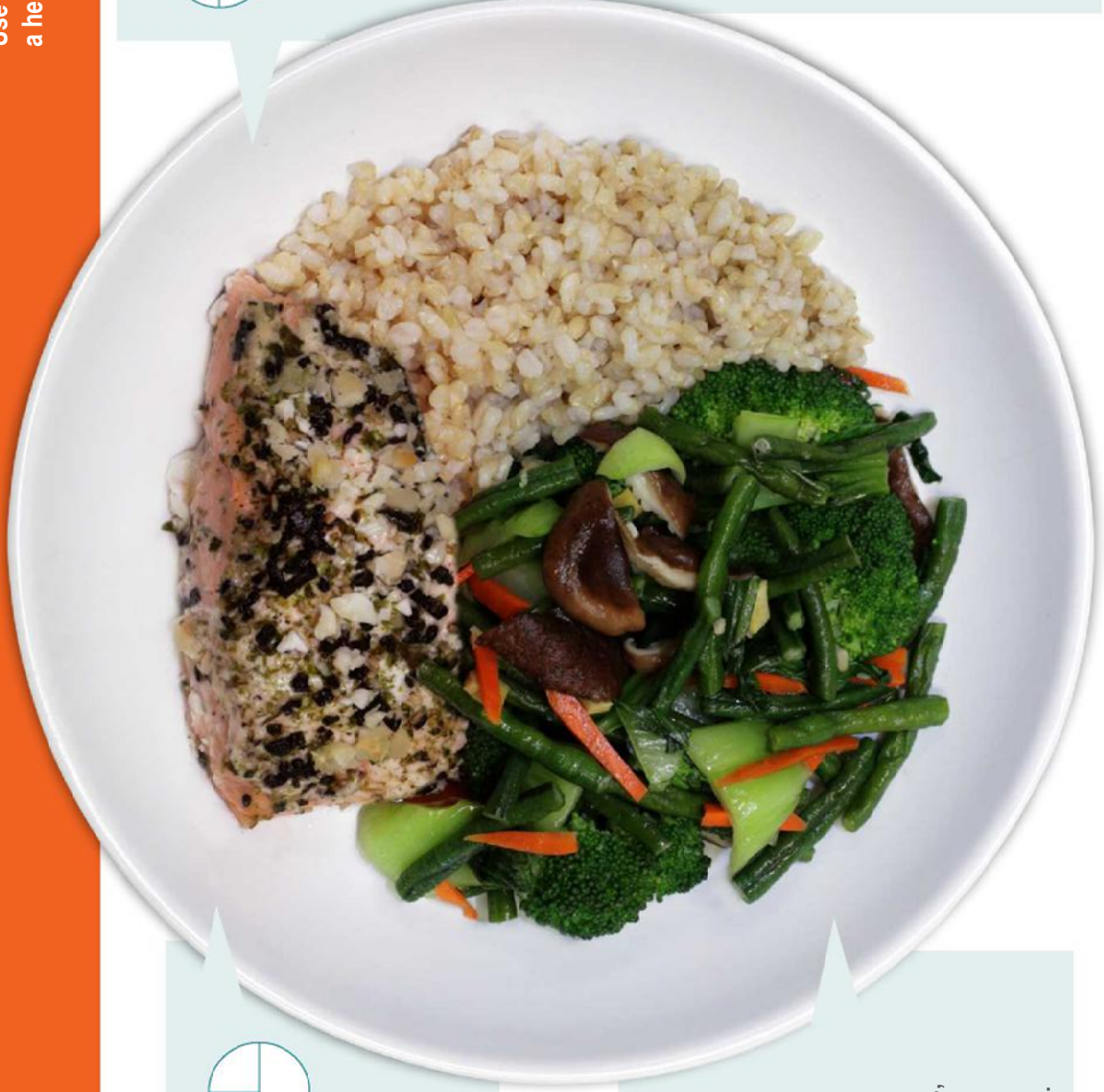
Sweets, sugary drinks, processed snacks (i.e. chips, pretzels, crackers)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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# THE MEDITERRANEAN HEALTHY PLATE

The Mediterranean diet is mostly plant based and includes fish, olive or canola oil. Evidence shows benefits for decreasing heart disease. Use this plate to help you portion your food in a healthy way and make meal planning easier.



Fill one-quarter of your plate with protein sources low in saturated fats, such as fish or seafood, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, taro, poi, corn, peas, barley, ulu (breadfruit) potato, orange colored squash.



## Choose daily:

- 2-4 servings of fruit a day. A serving is a small orange, banana, or apple, or 1 cup of berries or melon, or 2 tablespoons of dried fruit
- 1-2 servings of non-fat, 1% milk or dairy-free milk. A serving is 1 cup.
- Healthy fats, such as extra virgin olive oil, canola or avocado oils, olives or a small handful of nuts.
- Avoid trans-fat (partially hydrogenated oils).

Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, Chinese cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, mushrooms or lettuce.



Use an 8 to 9-inch plate.



# Ideas for meals and snacks

Use these ideas to build healthy, tasty meals and snacks. Portions vary from person to person and can be adjusted based on your needs.

## Breakfast

<b>Avocado toast</b> <ul style="list-style-type: none"> <li>1-2 slices whole wheat toast</li> <li>avocado</li> <li>sliced tomato</li> <li>sprinkle of feta cheese</li> <li>½-1 cup banana and berries</li> </ul>	<b>Egg omelet with potatoes</b> <ul style="list-style-type: none"> <li>¼-1/2 c scrambled egg whites, tofu, or 2 whole eggs and 1 cup spinach topped with salsa</li> <li>½-1 cup pan-fried potatoes</li> <li>1/2 cup mango or pineapple</li> </ul>
<ul style="list-style-type: none"> <li>1-2 slices of whole wheat bread</li> <li>½ cup canned tuna or salmon</li> <li>mixed with plain yogurt or low-fat mayo</li> <li>½ papaya</li> </ul>	<b>Tuna or salmon musubi</b> <ul style="list-style-type: none"> <li>2/3-1 c brown rice</li> <li>1-2 ounce of salmon or tuna</li> <li>2 cuties or 1 small orange</li> </ul>
<ul style="list-style-type: none"> <li>1 cup plain Greek yogurt</li> <li>1 Tbsp. ground flaxseeds, 2 Tbsp. crushed nuts, 2 Tbsp. raisins or 1/2 cup berries</li> </ul>	<ul style="list-style-type: none"> <li>¾- 1.5 cups whole grain cereal</li> <li>1 c milk</li> <li>½-1 apple banana</li> </ul>
<ul style="list-style-type: none"> <li>2 slices wheat toast</li> <li>2 Tbsp. natural nut butter</li> <li>½-1 medium apple</li> </ul>	<ul style="list-style-type: none"> <li>1 cup oatmeal with 1 Tbsp. pumpkin seeds and ½ cup fresh fruit or 2 Tbsp. raisins</li> <li>1 cup milk</li> </ul>

## Snacks

<ul style="list-style-type: none"> <li>½ cup Okinawan sweet potato</li> <li>1/3 cup olive tapenade with whole wheat pita bread</li> </ul>	<ul style="list-style-type: none"> <li>1/3 cup hummus with 1 cup vegetables sticks or ½ whole wheat pita bread</li> </ul>
<ul style="list-style-type: none"> <li>½ cup plain yogurt and 1 cup of fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>½ medium apple with 1-2 Tbsp. “natural” nut butter</li> </ul>
<ul style="list-style-type: none"> <li>3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>Light string cheese with ¼ cup unsalted nuts</li> </ul>
<ul style="list-style-type: none"> <li>1 ½ cup edamame with shells or ½ cup shelled</li> </ul>	<ul style="list-style-type: none"> <li>½-1 cup 3 bean salad</li> </ul>

## Lunch and Dinner

### Add 1 cup milk to a meal (optional)

<b>Tofu wrap</b> <ul style="list-style-type: none"> <li>1-1 1/2 cups baked tofu in whole wheat wrap with avocado, lettuce or spinach, tomato, and onion</li> <li>1 cup carrots or broccoli</li> <li>1 pear</li> </ul>	<ul style="list-style-type: none"> <li>2 cups stir-fried vegetables with 1-1 1/2 tofu or 3-4-ounce chicken</li> <li>2/3-1 cup quinoa, yam, or whole-grain pasta</li> </ul>
<ul style="list-style-type: none"> <li>2/3-1 cup brown rice</li> <li>3-4 ounce of saba (mackerel) or salmon</li> <li>1-2 cups stir fry bok choy (using olive oil)</li> </ul>	<b>Ground turkey or chicken chili</b> <ul style="list-style-type: none"> <li>1-1/2 cups bean, ground turkey or chicken chili</li> <li>2/3-1 cup of brown rice or quinoa</li> <li>cabbage slaw with lime juice</li> <li>2 Tbsp. pumpkin seeds, avocado, and guacamole</li> </ul>
<ul style="list-style-type: none"> <li>1-2 cups canned black bean or lentil soup (lower sodium)</li> <li>½-1 whole wheat pita bread</li> <li>Vegetables sticks with a Tzatziki (yogurt) dip</li> </ul>	<b>Chickpea (garbanzo) salad</b> <ul style="list-style-type: none"> <li>Greens and diced tomatoes</li> <li>½-1 cup of chickpeas</li> <li>¼ cup sliced olives</li> <li>¼ cup hummus</li> <li>sprinkle of cheese.</li> </ul>
<ul style="list-style-type: none"> <li>2/3 to 1 cup poi or brown rice</li> <li>8 ounces tofu, 4-8 ounces of fish or shrimp poke</li> <li>1-2 cups Korean vegetables (e.g. bean sprouts, cabbage, choi sum, seaweed, kim chee)</li> </ul>	<ul style="list-style-type: none"> <li>1 cup of lomi salmon or sardines and onions</li> <li>½-1 cup poi</li> <li>wakame (seaweed or ocean salad) salad</li> </ul>
<b>Grilled portabella and vegetable sandwich</b> <ul style="list-style-type: none"> <li>grilled portabella mushroom</li> <li>mixed salad greens</li> <li>cooked beans</li> <li>crumbled feta cheese</li> </ul>	<b>Bean tacos</b> <ul style="list-style-type: none"> <li>2 corn tortillas with 1 cup pinto beans, 2 Tbsp. avocado, shredded lettuce or cabbage, and diced tomatoes, sprinkle of shredded cheese</li> <li>mango salsa</li> </ul>

## Healthy meals start at the store. Use this shopping list to help you prepare.

- ✓ Non-starchy vegetables (5 or more servings daily) – fresh, frozen, or canned low-sodium.
- ✓ Fruits (2-4 servings daily) – fresh, frozen, canned in their own juice, or dried.
- ✓ Milk products and cheeses (1-2 cups of milk a day), non-fat or 1% milk, plain yogurt, or dairy free milks (e.g. soy, oat, or almond), and cheeses as garnish (e.g. cottage, cheddar, feta, mozzarella, ricotta)
- ✓ Whole grains and starchy vegetables (daily) such as whole wheat bread and pasta, brown rice, quinoa, oats, corn tortillas, potato, sweet potato, taro, poi, ulu, orange colored squash, corn, peas, mixed vegetables, and popcorn (air popped).
- ✓ Fats and oils (daily), such as extra virgin olive, canola or avocado oils, flax seeds or oil, peanuts or peanut oil, “natural” peanut or other nut butter seeds (e.g. chia, hemp, pumpkin, sesame, sunflower, or tahini).
- ✓ Fish and seafood (fish at least twice a week) – salmon, tuna, butterfish, saba (mackerel), crab, lobster, shrimp, scallops, clams, crab, opihi, mussels, tako (octopus), ika (squid).
- ✓ Poultry (weekly), skinless chicken and turkey, or ground turkey
- ✓ Beef, pork, lamb (one or two times a month) – ground beef, steaks, sausages and hotdogs
- ✓ Sweets and salty processed snack foods (a few times a month).
- ✓ Red wine (per MD advice).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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# THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill one-quarter of your plate with whole grains or starchy vegetables such as barley, brown rice, corn, poi, taro (kalo), breadfruit (ulu), quinoa, whole-wheat pasta, sweet potatoes, pumpkin, whole grain bread, or corn tortillas.



Fill half of your plate with non-starchy vegetables such as carrots, broccoli, Chinese cabbage, eggplant, greens, spinach, long beans, marungay, mushrooms, luau leaves, peppers, tomatoes, seaweed, or zucchini.



**For good nutrition also choose each day:**

- 2-3 servings of fruit. A serving is a small orange, banana, or apple
- 1/2 medium papaya, 1/2 cup pineapple or 1 cup of berries, or melon
- 2 to 3 cups of a milk substitute, such as almond, hemp, oat, or soy
- A small amount of healthy fats, such as avocado, extra virgin olive or canola oil

## Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Create your favorite combinations! Portions vary from person to person and can be adjusted based on your needs.

### Breakfast

<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or 1 small whole wheat bagel with nut butter or cashew cheese</li> <li>• 1 cup diced melon</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 cup scrambled soft tofu and 1 cup spinach</li> <li>• 1 sprouted-grain English muffin or 2 corn tortillas</li> <li>• 1/4 avocado</li> <li>• 1/2 cup mango</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup whole-grain cereal</li> <li>• 1/2 banana, 1/2 cup berries</li> <li>• 10 walnuts</li> <li>• 1 tbsp. ground flaxseed</li> <li>• 1 cup nondairy free milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or wheat toast and 2 tbsp. “natural” nut butter</li> <li>• 1 cup nondairy milk</li> <li>• 1/2 medium papaya</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup chia pudding and 1/2 cup diced fruit</li> <li>• 1/4 cup nuts</li> <li>• 1 tbsp. ground flaxseed</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup brown rice</li> <li>• 1/2 cup beans</li> <li>• 1 cup cooked vegetables</li> <li>• 1/2 cup salsa</li> <li>• 1/2 cup avocado</li> </ul>
<ul style="list-style-type: none"> <li>• 2 slices sprouted grain or wheat toast</li> <li>• 1 cup berries</li> <li>• 1 cup nondairy milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 1 tbsp. pumpkin seeds and 2 tbsp. raisins</li> <li>• 1 cup nondairy milk</li> </ul>

### Snacks

<ul style="list-style-type: none"> <li>• 1/2 cup baked sweet potato (uala)</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables with hummus</li> </ul>
<ul style="list-style-type: none"> <li>• 2 tbsp. dried fruit or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 oz. cashew cheese</li> </ul>
<ul style="list-style-type: none"> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Medium apple with 1–2 tbsp. “natural” peanut butter</li> </ul>
<ul style="list-style-type: none"> <li>• 3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• Rye crackers with 1 1/2 oz. cashew or nut cheese</li> </ul>
<ul style="list-style-type: none"> <li>• 1/2 cup roasted garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh non-starchy vegetables</li> </ul>

### Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

<ul style="list-style-type: none"> <li>• 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1–2 tbsp. avocado, lettuce or spinach, tomato, and onion</li> <li>• Carrots or broccoli</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2 cups stir-fried vegetables with tofu or tempeh (sautéed with 1 tsp. olive oil and garlic)</li> <li>• 1 cup quinoa, yam, or whole-grain pasta</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup tofu poke with lomi tomato, onions, and fern shoots (ho'i'o or warabi)</li> <li>• 1 -1 1/2 cup poi or kalo or ulu</li> <li>• guava</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 cups vegetarian chili or 3 bean salad</li> <li>• 2 tbsp. pumpkin seeds or avocado</li> <li>• 1 cup cabbage slaw with lime juice</li> <li>• 1/3 cantaloupe</li> </ul>
<ul style="list-style-type: none"> <li>• 3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun</li> <li>• Garden salad with avocado and 1–2 tbsp. oil and vinegar dressing</li> <li>• Diced peaches or pear</li> </ul>	<p><b>Chinese cuisine</b></p> <ul style="list-style-type: none"> <li>• 1/2 -1 cup brown rice or quinoa</li> <li>• 1 cup-2 cups broccoli tofu (sautéed in broth)</li> <li>• 1 cup vegetarian hot-and-sour soup</li> </ul>
<p><b>Watercress tofu salad</b></p> <ul style="list-style-type: none"> <li>• Watercress, cubed tofu, diced tomatoes, sliced sweet onions, shoyu, and sesame sauce</li> <li>• Lychee</li> <li>• Pineapple</li> </ul>	<p><b>Indian cuisine</b></p> <ul style="list-style-type: none"> <li>• 1 cup lentil soup (dal) or chickpeas (Chana Masala)</li> <li>• 1 whole-grain flatbread or basmati rice</li> <li>• 1 cup medley of vegetables with garam masala</li> </ul>
<p><b>Vegetable Lau Lau or Luau</b></p> <ul style="list-style-type: none"> <li>• Luau leaves with uala, carrots, shitake mushroom, gobo, or ulu</li> <li>• Grapes</li> </ul>	<p><b>Mexican cuisine</b></p> <ul style="list-style-type: none"> <li>• 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes</li> <li>• Diced mango</li> </ul>

Healthy meals start at the store. Use this shopping list to help you prepare.

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>✓ Fruits—fresh, frozen, canned in their own juice, or dried</li> <li>✓ Vegetables—fresh, frozen, or low-sodium canned</li> <li>✓ Kimchee, sauerkraut, or other pickled vegetables</li> <li>✓ Nondairy, unsweetened milk (fortified hemp, soy, oat, or almond)</li> <li>✓ Unsweetened nondairy yogurt (soy or almond)</li> <li>✓ “Natural” peanut or another nut butter</li> </ul> | <ul style="list-style-type: none"> <li>✓ Whole beans (dried or low sodium canned), or lentils</li> <li>✓ Hummus or bean spreads</li> <li>✓ Tofu (silken, firm), tempeh, or natto</li> <li>✓ Avocado, olives, or sun-dried tomatoes</li> <li>✓ Whole grains and starchy vegetables — in addition to those listed on front page include oats, whole wheat tortillas (no hydrogenated oils), orange colored squash, corn, mixed vegetables, and popcorn (air popped)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Fats and oils, such as extra virgin olive, or avocado oils, nuts and nut butter, seeds (e.g. chia, flax, hemp, pumpkin, sesame, sunflower, or tahini)</li> <li>✓ Frozen vegetarian entrées or vegan burritos and soups (keep some on hand for a quick meal)</li> <li>✓ Seasonings — light soy sauce, tamari, vegetable broth, or Bragg’s liquid amino nutritional yeast</li> <li>✓ Spices — assorted</li> <li>✓ Vinegars — balsamic or rice</li> </ul> |
|--|--|---|

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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**Help your body be the best by balancing diet and exercise! This will help maintain weight and overall health. Always aim to eat a variety of foods, especially fruits and vegetables.**

**DIRECTIONS** = Color in a star for each food group on your plate. Aim for a total of four stars or more.

### Eat lean proteins



**Lean proteins are the building blocks for muscles and they supply iron for oxygen and energy.**

- Beans (lentils, garbanzo, black, kidney, lima)
- Beef (lean)
- Cheese (low-fat)
- Chicken (skinless)
- Cottage cheese (low-fat)
- Eggs/egg substitutes
- Fish
- Milk (nonfat or 1%)
- Pork and ham (lean)
- Scallops
- Shrimp
- Soy protein
- Soymilk
- Tofu
- Turkey (skinless)
- Yogurt (nonfat or low-fat)



### Eat a rainbow of fruits and vegetables

**RED – Protects cells from damage and keeps your heart healthy.**

- Apples (red)
- Beets
- Bell peppers (red)
- Cherries
- Cranberries
- Grapefruit (red)
- Grapes (red)
- Guavas
- Raspberries
- Strawberries
- Tomatoes
- Watermelon



**BLUE & PURPLE – Helps the brain, cells, and heart to do their job.**

- Blackberries
- Blueberries
- Grapes (purple)
- Cabbage (purple)
- Eggplant
- Prunes
- Raisins



**ORANGE & YELLOW – Keeps eyes and skin healthy. Helps your body fight against illness.**

- Apricots
- Bell peppers (orange)
- Bell peppers (yellow)
- Carrots
- Cantaloupe
- Mangoes
- Oranges
- Papaya
- Persimmons
- Pineapple
- Squash (yellow)
- Tangerines



**GREEN – Helps with eye health, can prevent cell damage, and helps cells recover after exercise.**

- Asparagus
- Bell peppers (green)
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cucumber
- Grapes (green)
- Green beans
- Honeydew melon
- Kale
- Lettuce
- Luau leaves
- Seaweed
- Spinach
- Watercress



**WHITE – Maintains healthy blood vessels which provide oxygen and food to muscles for exercise and physical activity.**

- Bananas
- Bean sprouts
- Cauliflower
- Daikon radish
- Jicama
- Lotus Root
- Mushrooms
- Onions

### Eat whole grains and starches

**Gives a steady supply of energy during exercise or workouts. Fiber helps you feel fuller for longer periods of time.**



- Barley
- Breadfruit
- Buckwheat noodles
- Corn
- Kamut
- Millet
- Oatmeal
- Poi and taro
- Potato
- Quinoa
- Pumpkin (kabocha)
- Rice (brown, red, or wild)
- Rye
- Sweet potato
- Whole cornmeal
- Whole grain bread
- Whole grain cereal
- Whole wheat crackers
- Whole wheat pasta



### Eat healthy fats

**Along with starches, these fats provide an important fuel source during longer periods of exercise. They can also help with joint and muscle health.**

- Avocado
- Fish
- Olive oil
- Olives
- Nut butters
- Nuts
- Seeds

### TOTAL NUMBER OF STARS FOR YOUR PLATE:



- 0-1** = Time to take action
- 2-3** = Making some smart choices
- 4-8** = Well done

# What's in your

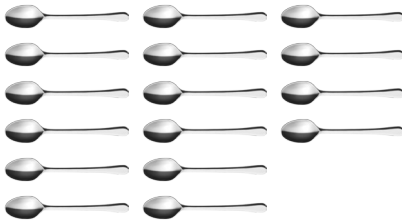
# DRINK?

Sugary drinks can promote obesity and other health problems.



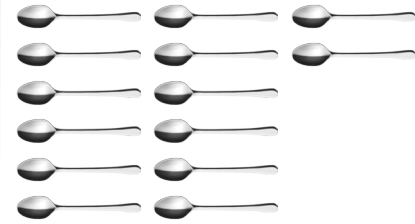
## COLA

20 ounces = 240 calories  
16 teaspoons of sugar



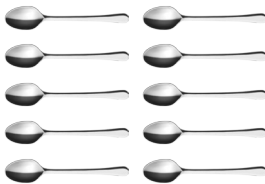
## ENERGY DRINK

16 ounces = 200 calories  
14 teaspoons of sugar



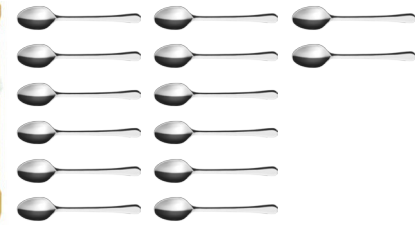
## TROPICAL FRUIT DRINK

11.5 ounces = 140 calories  
10 teaspoons of sugar



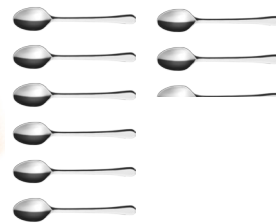
## 100% ORANGE JUICE

16 ounces = 240 calories  
14 teaspoons of sugar



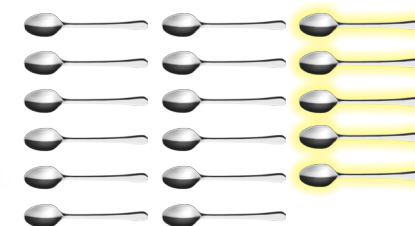
## SPORTS DRINK

20 ounces = 130 calories  
8 1/2 teaspoons of sugar



## BLENDED COFFEE DRINK

24 ounces = 380 calories  
17 teaspoons of sugar  
5 teaspoons of fat



## Choose these healthy options instead:

- Water (can be mineral, carbonated or club soda and check the label for sugar)
- Soy, rice, skim or 1 percent milk
- Coffee or tea, hot or iced, plain or with a teaspoon of sugar if needed