

THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier.

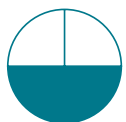
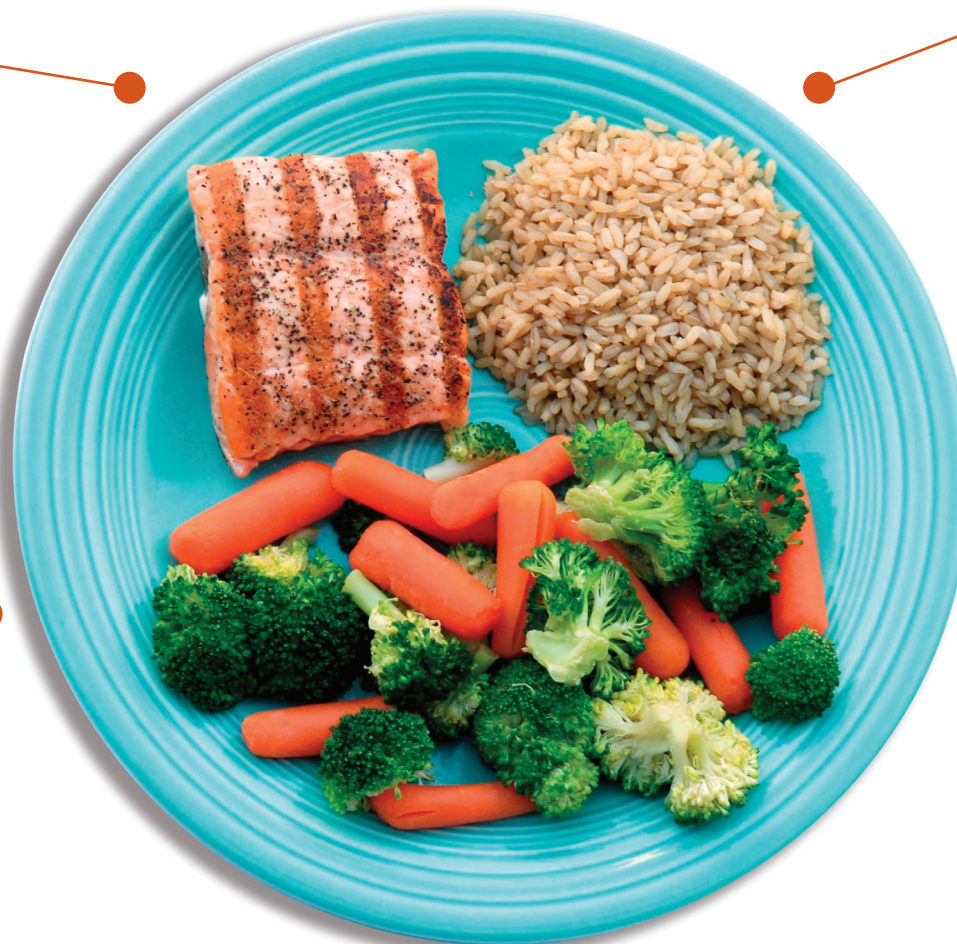
Use an 8 to 9 inch plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches such as brown rice, whole-wheat pasta, poi, taro, corn, peas, whole-grain bread, corn or whole-wheat tortilla



Fill half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine or Manoa lettuce.

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ADD VARIETY TO YOUR MEALS

GRAINS & STARCHES

Choose whole grains.
Aim for at least 3 grams of fiber per serving.

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WHOLE GRAIN 7 9 F 9 5 @ G ' Ó ð Ë Æ ^ æ Å æ Ó ð Á

F = 7 9 ' Ó [, } Ë ^ æ Å ð Á

CH < 9 F ' GH 5 F 7 < 9 G ' Whole Grain Crackers, Noodles, or Pasta; Whole Wheat Pita; Ó [! } or Y @ ^ Á @ æ Tortilla

CH < 9 F ' ; F 5 - B G ^ Ó æ ^ ^ É Ó & , @ æ É Ó | * ^ ! É Æ ð [æ É Ú [] & ! } Á

GH 5 F 7 < M J 9 ; 9 H 5 6 @ G / ' CH < 9 F G Á Ó [! } Å ~ æ Ó Ó ^ æ + æ Ó V É Á Corn, Ó ! ^ ^ } Á ó ð æ æ É Ó ! ^ ^ } Á Ú æ æ æ É æ [& @ É Lotus Üoot Á (Hasu) É Æ ð æ æ Æ , ^ ^ Ó [æ Á] * ! } ^ É Å ^ æ É Æ Potato, Á Ú {] \ ð É Sweet Üotato ('Uala), Á Taro (Kalo), Ý æ •

BCB ' GH 5 F 7 < M ' VEGETABLES & FRUIT

Choose colorful produce in season.

RED:

V: Beets, Peppers, Radish, Tomato
F: Apple, Cherries, Cranberries, Grapefruit, Grapes, Guava, Pomegranate, Pomelo, Raspberries, Strawberries

ORANGE/YELLOW:

V: Carrots
F: Apricot, Cantaloupe, Grapefruit, Mango, Nectarine, Orange, Papaya, Peach, Persimmon, Pineapple, Star Fruit, Tangerine

GREEN:

V: Artichoke, Arugula, Asparagus, Bok Choy, Bittermelon, Broccoli, Brussel Sprouts, Cabbage, Celery, Chinese Peas, Choi Sum, Collard Greens, Cucumber, Fern Shoots (Warabi), Green Summer Squash, Long Bean, Mustard Cabbage, Kale, Lettuce, Marungay, Okra, Pak Choy, Pepper, Saluyot, Seaweed (Wakame), Spinach, String Bean, Sweet Potato Leaves, Swiss Chard, Ung Choi, Watercress, Won Bok, Zucchini

F: Apple, Grapes, Honeydew Melon, Kiwi

BLUE/PURPLE:

V: Cabbage, Eggplant
F: Blackberries, Blueberries, Currants, Figs, Grapes, Plums, Prunes, Raisins

WHITE/BROWN:

V: Bean Sprouts, Cauliflower, Daikon, Jicama, Mushroom, Ogo, Onion, Turnips
F: Bananas, Dates, Pears

PROTEIN

Choose lean and local.

BEANS & PEAS

Black, Ó æ É ^ æ É Garbanzo, P { { ^ • É Kidney, Š } æ É Mungo, Á Navy, Pinto É Á Ú] | æ Å ^ æ Å [^ Á ó æ æ ^ Á

SOY FOODS

Foo Jook (dried bean curd), Seitan (vital wheat gluten), Tempeh, Tofu* É Veggie Burger or meat-substitutes

EGG WHITES, EGGS*

FISH & SEAFOOD*

Ahi, Aku, Akule, Anchovies, Catfish, Crab, Clams, Iriko (dried fish), Mackerel, Mahimahi, Opelu, Opihi, Poke, Saba, Salmon, Sardines, Scallops, Shrimp, Squid, Tako, Tilapia, Tuna

LEAN MEATS & POULTRY*

Loin or round cuts of beef or pork, skinless chicken and turkey, uncured lean sandwich meats

DAIRY OR SOY (NON-FAT OR 1%)

Milk, Cheese*, Cottage Cheese*, Ricotta Cheese*, Yogurt

* Contain few carbohydrates

HEALTHY FATS

1 tablespoon fat=100 calories.
Limit fried foods.

USE THESE HEALTHY OILS

SPARINGLY:

Canola, Flax Seed, Macadamia, Olive, Walnut

SALAD DRESSINGS

Spritzers, Vinaigrette

NON-STICK COOKING SPRAY

NUTS & NUT BUTTERS

Almond, Cashew, Macadamia, Peanut, Pecan, Pine, Pistachio, Walnut

SEEDS

Chia, Flax, Pumpkin, Sesame, Sunflower

OTHER FOODS

Avocado, Olives

Avoid trans fats and partially hydrogenated oils. Read ingredient list on nutrition labels.