

# THE 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.



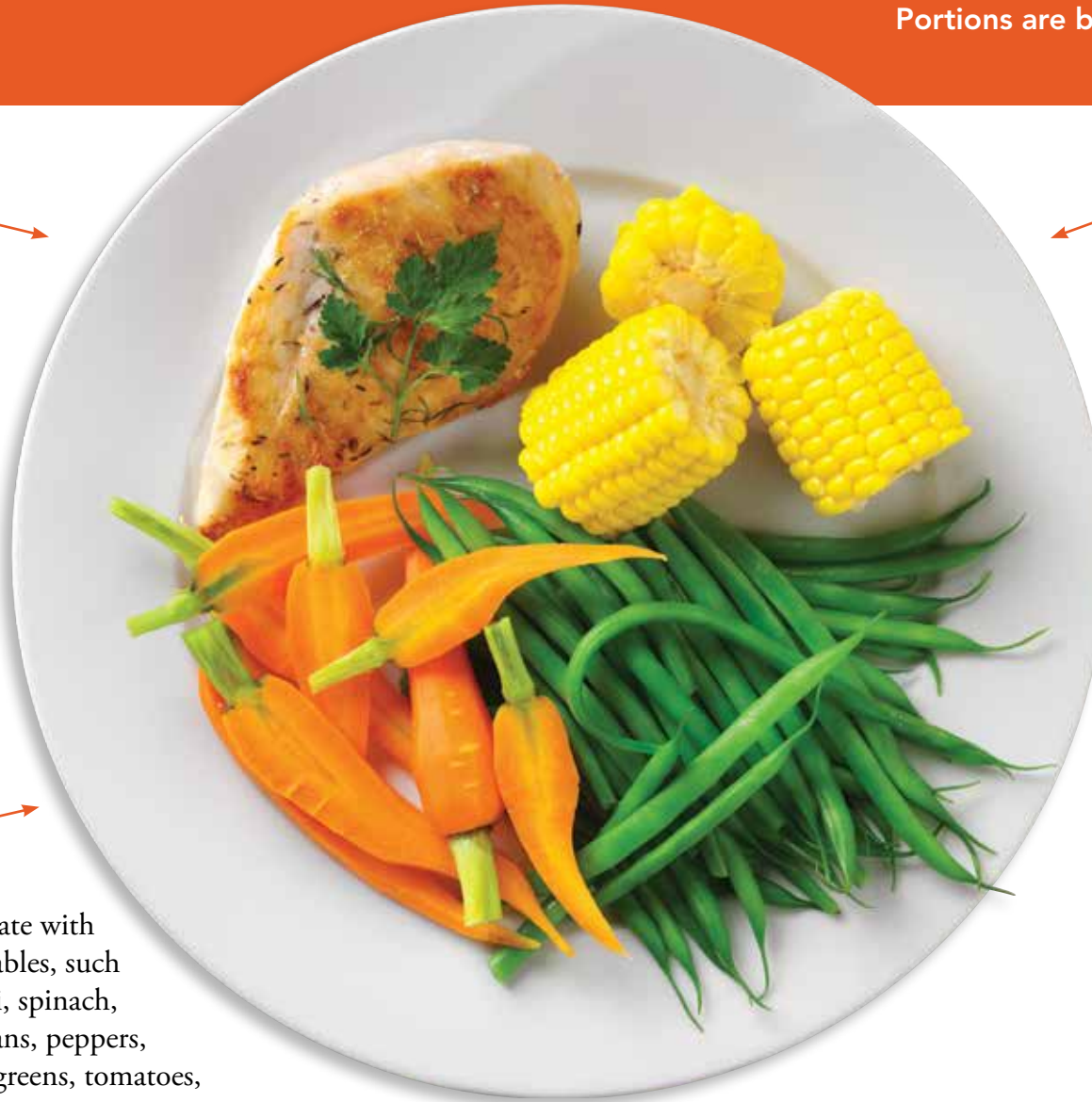
Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



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



## For good nutrition also choose each day:

- 3 fruit servings. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of nonfat or low-fat milk or yogurt.
- A small amount of healthy fats, such as extra virgin olive or canola oil, trans-fat-free margarine, or a small handful of nuts.

# THE PLANT-BASED 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 healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, one slice of whole-grain bread, two corn tortillas, or one whole-wheat tortilla.



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



## For good nutrition also choose each day:

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