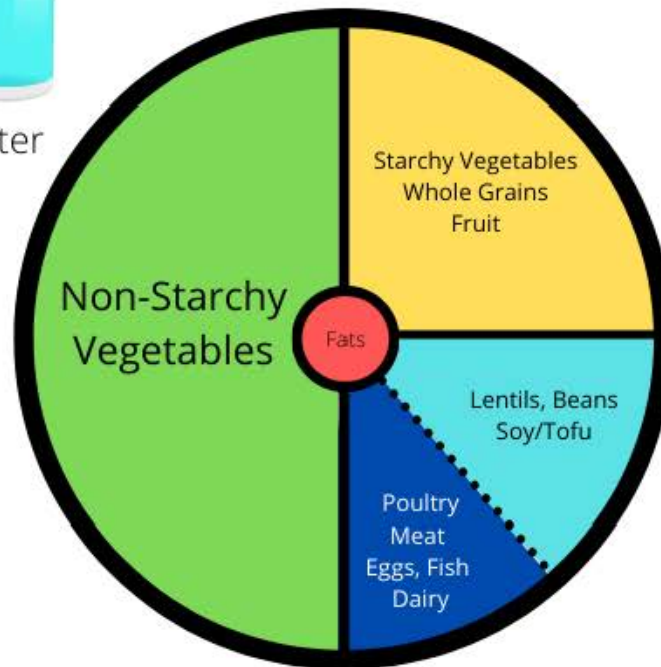




Water

# Plate Method



## ½ Plate Non-Starchy Vegetables:

- Eat veggies however you like them- raw, cooked, fresh, frozen, or canned
- Sources = Salad, broccoli, carrots, beets, green beans, tomatoes, mushrooms, peppers etc.

## ¼ Plate Carbohydrate

- Pick whole grains: whole wheat flour/bread, whole rolled oats, brown rice, quinoa, and cereals
- Starchy vegetable sources = potatoes, peas, corn, winter squash and plantains
- Fruit = fresh, frozen, dried or canned

## ¼ Plate - Animal & Plant Proteins

- Eat a combination of lean animal protein and/or plant based proteins
- Sources: poultry, meat, fish, eggs, milk, cheese, legumes, beans, nuts, tofu etc.

## Unsaturated Fats

- Choose heart healthy (unsaturated fats) and reduce saturated fats
- Sources = olive oil, fish oils (tuna, salmon), nuts and seeds, and avocado

## Fluid:

- Aim for at least 64 fluid ounces per day
- Coffee, tea, broth, veggies and fruit contain fluid as well
- Choose no-calorie, unsweetened beverages