

Rethink your plate.

YOUR GUIDE TO
PLANNING HEALTHY
PORTIONS.

vegetables (non-starchy)

Should make up 1/2 your plate.

CHOOSE: Canned and/or frozen without added salt or low sodium, or fresh. Spinach, carrots, green beans, cucumbers, tomatoes, broccoli, beets, peppers, lettuce, greens and cauliflower are all good choices.

WHY: Provide antioxidants, fiber and vitamins that your body needs. Low in calories.

grains & starchy vegetables

Should make up 1/4 of your plate.

CHOOSE: Whole grain breads, tortillas and pastas, rice, potatoes, corn, peas, cooked beans like lima or black beans, whole grain cereals, oatmeal, sweet potatoes, quinoa and legumes.

WHY: Whole grains and grains with fiber help balance your carbohydrate intake and help make you feel full.

meat & meat substitutes

Should make up 1/4 of your plate.

CHOOSE: Chicken/turkey without skin, lean beef and pork, fish, seafood, eggs or low fat cheese. Bake, broil or grill. Avoid frying.

WHY: Protein in meats helps provide balance to your meal.

fruits

1/2 cup of fruit or a small fruit with your meal.

CHOOSE: Canned in juice with no added sugar or in extra light syrup, frozen without added sugar and fresh.

WHY: Provide antioxidants, fiber and vitamins that your body needs.

dairy

1 cup of milk or 6 oz of yogurt with your meal.

CHOOSE: Skim or 1 % milk or light yogurt.

WHY: Provides Calcium and Vitamin D.

fats

Keep limited.

CHOOSE: Fats from plant sources like avocados, nuts, olive oil, canola oil and soft tub margarines.

WHY: Decrease risk of heart disease and help manage weight.



What counts as a serving?

Portion control is key to weight management. Get some measuring cups and see how your portions size up to what you need. Talk to your dietitian to get a meal plan just for you.

FRUITS:

Typical serving is 1 small piece of fruit, 1/2 cup canned or frozen fruit.

Choose canned fruit in juice, extra light syrup or with no sugar added.

VEGETABLES (NON-STARCHY):

Typical serving is 1/2 cup cooked vegetables, 1 cup raw. Canned, fresh or frozen are all good sources.

Choose canned and frozen vegetables that have no added salt or are low sodium.

GRAINS AND STARCHY VEGETABLES:

Typical serving is 1/3 cup of pasta or rice, 1/2 cup cold cereal, 1/2 cup quinoa, 1 slice of bread or a small roll or tortilla, 1/2 cup starchy vegetables like potatoes, sweet potatoes, corn, peas or beans like lima or black beans.

Look for whole grains and foods with a fiber content of 3g or more.

DAIRY:

Typical serving is 1 cup of milk or 6 oz of yogurt.

Look for skim or 1% milk and low fat yogurt.

MEAT AND MEAT ALTERNATIVES

Typical serving is 2-3 oz or about the size of a deck of cards

Choose lean meats, skinless poultry, fish and beans. Bake, broil or grill instead of frying.

FATS

Keep limited

Choose healthy fats like olive oil, canola oil, nuts and avocados. Remember even healthy fats need to be limited in the diet for weight management.

Label Reading Tips:

- 1 Remember to first look at the serving size. If you eat 1 cup and the serving size is only a 1/2 cup then you need to double the calories and other nutrients on the label.
- 2 Look for foods with fiber. Fruits, vegetables and whole grains are natural sources.
- 3 Look for products low in sodium.
- 4 Look for products that are low in saturated and trans fat.
- 5 If you are diabetic, pay attention to the total carbohydrates in a product.

Tips:



With many no sugar added and no salt added products, we're here to help you make healthier choices and live fuller lives.