HEALTHY EATING PLATE

Eat a small amount of fruit 3 to 4 times a day.

25% WHOLE GRAINS/STARCHES
Whole-grain breads, pasta, brown rice, corn, peas, potatoes.

25% PROTEIN
Fish, chicken, turkey, eggs, beans, lentils, nuts. (Limit red meat and cheeses.)

50% VEGETABLES
Broccoli, carrots, mushrooms, peppers, beets. (Eat as many different colored non-starchy vegetables as you like.)

Limit sugar, salt, and fat in all meals.

Nine-inch Plate

Limit sugar, salt, and bad (saturated) fat in all meals.

Use healthy oils (Limit Butter.)

Be active every day!