Whole-grain breads, pasta, brown rice, corn, peas, potatoes.

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

Broccoli, carrots, mushrooms, peppers, beets. Eat as many different colored non-starchy vegetables as you like.

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

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!