

# HEALTHY EATING PLATE

2-3 Tbsp/day

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



HEALTHY OILS

LUNCHEON PLATE  
8"-9"

VEGETABLES

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors. 3 servings/day max

FRUITS

potato  
sweet pot.  
corn  
green peas  
winter squash

WHOLE GRAINS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



WATER

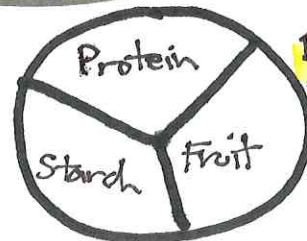
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

2.5-3.0 oz.



STAY ACTIVE!

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