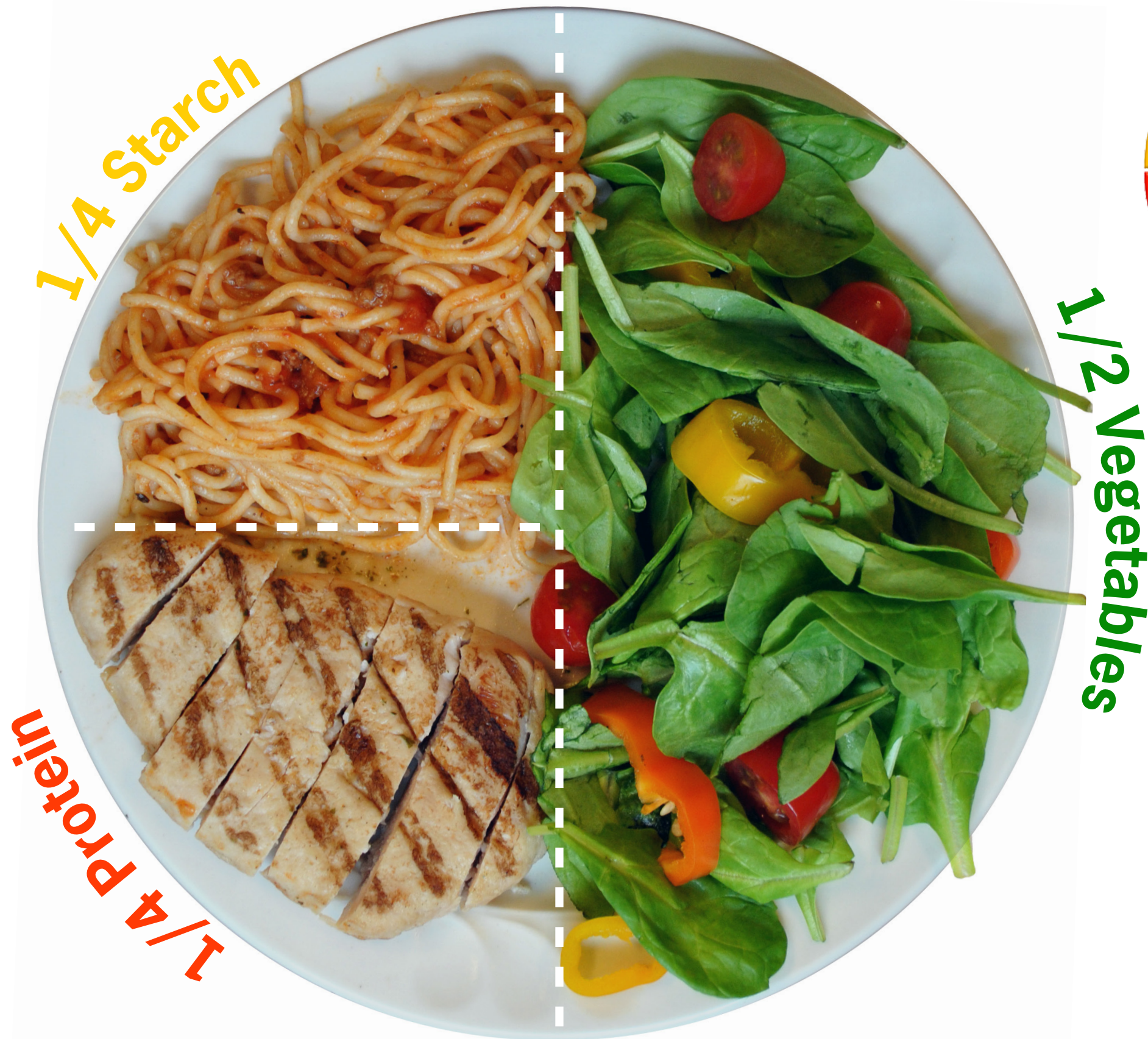


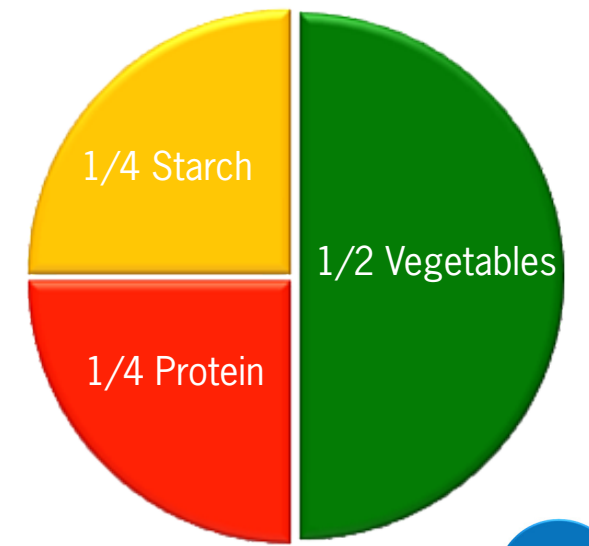
My Healthy Plate



Water is the best drink for you.

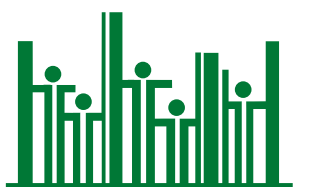


Plan the portions on your plate.



Fruit or Dairy*

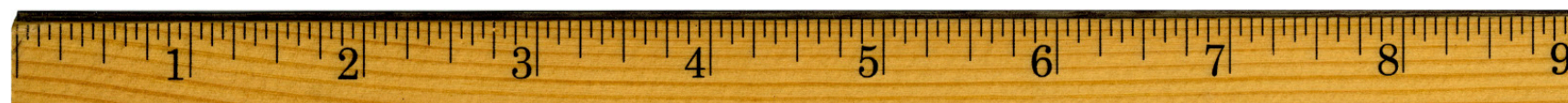
*Ask your nutritionist if you should eat fruit or dairy at your meals.



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My Meal Planner: Portion Sizes

Pick **1** starch = 1 cup

Breakfast



Bran cereal



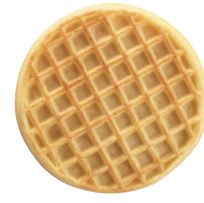
Wheat bread (1-2)



Oatmeal



Pancake (1-2)



Waffles (1-2)

Lunch or Dinner



Peas



Corn



Baked potato



White or brown rice



Mashed potatoes



Triscuits



Yams



Pasta



Barley



Quinoa

Pick **2** or **more** vegetables = 2 cups



Tomato



Red pepper



Beets



Red cabbage



Eggplant



Cucumber



Broccoli



Spinach



Kale



Lettuce



Green cabbage



Green beans



Onion



Pumpkin



Carrot

Pick **1** protein = 4 ounces

Breakfast



Boiled egg



Nut butter (1-2 tbsp)



Nuts (¼ cup)



Plain greek yogurt



Plain cottage cheese

Lunch or Dinner



Beans (½ cup)



Lean steak



Grilled chicken



Pork chop



Fish



Low-fat cheese (4 cubes)

Ask your nutritionist if you should have **1** fruit or **1** dairy.



Berries



Grapes



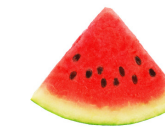
Peach



Banana



Orange



Watermelon



1% milk



Plain or light yogurt

