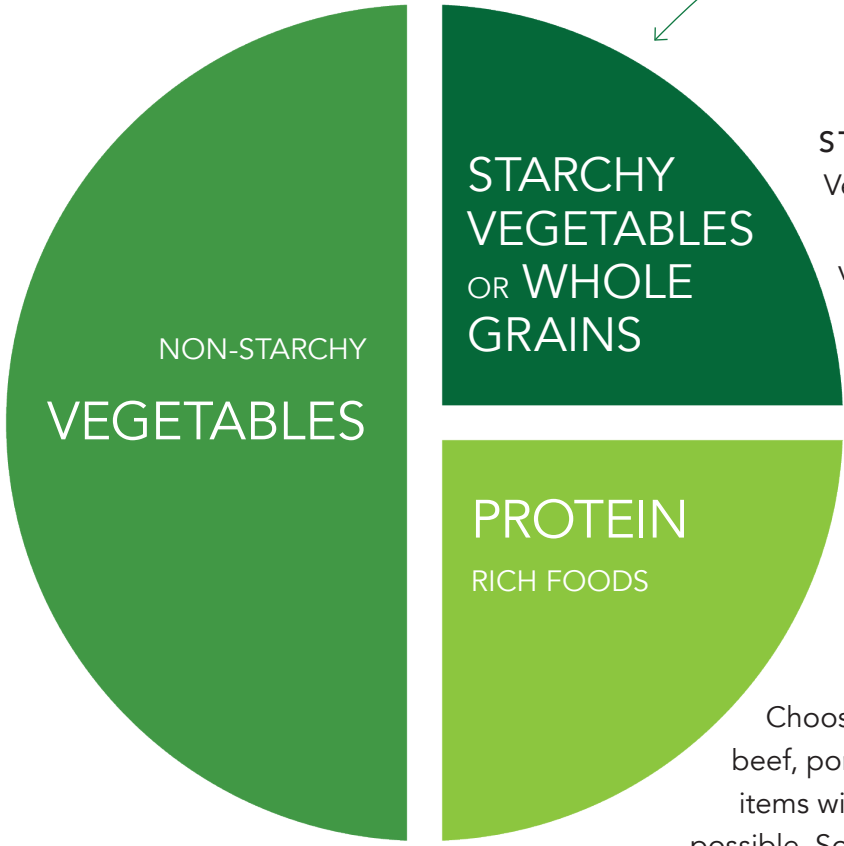


Adapted from



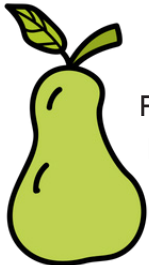
OUR PLATE




STARCHES & GRAINS
Vegetables like potatoes, carrots, or corn. Eat a variety of whole grains. Limit refined grains.

VEGETABLES
The more the better! Eat a variety of vegetables. Choose uncooked, sautéed or grilled when possible.

PROTEIN
Choose beans, nuts, fish, beef, pork, or poultry. Choose items without additives when possible. Some cheeses and yogurts are high in protein as well!



FRUIT (2-4 servings/day)
Fruit makes a great snack. Whole fruit is a better choice than juice. Vary the colors of the fruits you eat!



FLUIDS
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy, juice, and sugary drinks.

OILS & FATS
Use oils with unsaturated fat; like olive oil. Oils are high in calories, so use sparingly. Use oils for salad dressings or cookings. Limit saturated fat intake.

