

Adapted from



# Our Plate

## VEGETABLES

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

NON-STARCHY  
VEGETABLES

STARCHY  
VEGETABLES  
OR WHOLE  
GRAINS

## STARCHES & GRAINS

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

PROTEIN  
RICH FOODS

## 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 cooking. Limit saturated fat intake.

