Meal Planning- Plate Method

- Eat 3 meals and 0-2 snacks daily.
- Choose at least 3-4 food groups at meals and up to 1-2 food groups at snacks.
- **Yellow** groups are carbohydrate. Carbohydrate gives energy.
- Include both carb and non-carb food groups each meal.

**Fruit** (15 g carb)
- 1 small apple/orange
- 1 cup berries
- Small banana
- 1 cup melon
- ½ cup fruit juice
- 2 T dried fruit

**Fat**
- 2 tsp butter
- 2 tsp tub margarine
- 2 tsp olive oil
- 1 Tbsp salad dressing

**Meat/Protein**
- 1-2 eggs
- 2 Tbsp peanut butter
- 1 ounce low fat cheese
- ½ cup cottage cheese
- 1-2 oz low fat turkey sausage
- 2-3 ounces chicken or turkey
- 2-3 ounces tuna or salmon
- 2-3 ounces lean beef or pork
- ¼ cup nuts

**Starch/Grain**
- 1 small tortilla
- 1 slices whole wheat bread
- 1/2 cup cooked oatmeal
- ¼ cup dry cereal
- ½ English muffin, whole grain
- ½ cup whole wheat pasta
- 1/3 cup cooked brown rice
- ½ medium baked potato
- ½ cup peas/corn/beans
- 6-8 crackers, whole grain
- ½ hamburger bun, whole grain

**Non Starchy Vegetables**
- Asparagus
- Lettuce
- Carrots
- Broccoli
- Cauliflower
- Tomatoes
- Mushroom
- Onion
- Cucumber
- Celery
- Spinach
- Green Beans
- Salsa
- Zucchini, yellow squash

**Milk/Yogurt** (15 g carb)
- 1 cup skim 1%
- 1 cup low fat yogurt (plain, light, Greek)
# Plan Your Day: Plate Method

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