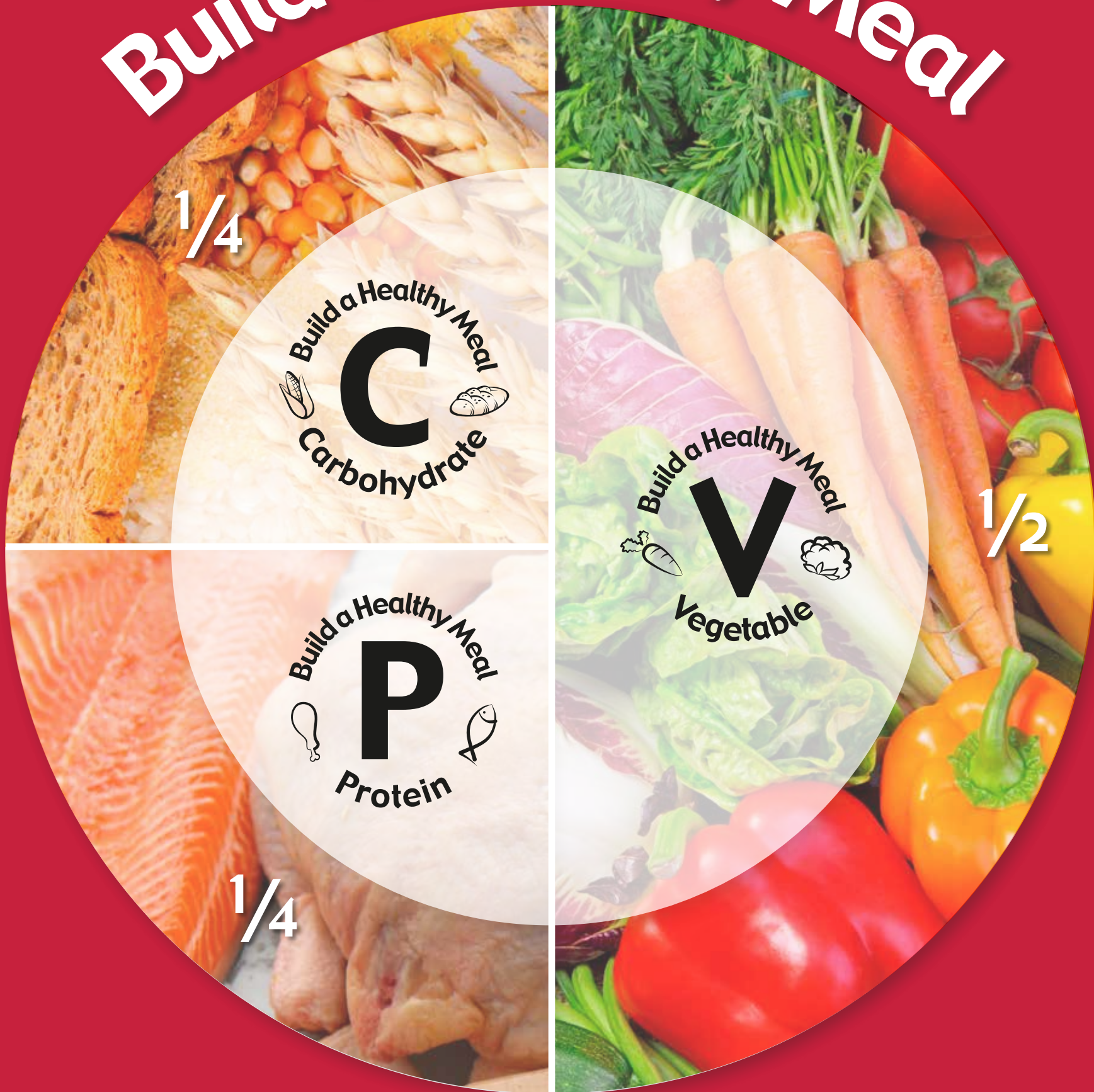


Build a Healthy Meal



Use a 9" plate and this guide for building a healthy meal. For recipes that support specific health goals (healthy heart, gluten-free, diabetes), visit uwhealth.org/recipes. For information on nutrition and wellness services and classes, visit uwhealth.org/nutrition.

Build a Healthy Meal

T H E G U I D E L I N E S



Fill 1/4 of your plate with protein.

Choose lean meat, poultry or fish. Beans, lentils and tofu are good vegetarian sources of protein. Dairy products are also rich in protein, but be sure to select lowfat options. Strive for 6 to 7 servings of protein per day.

1 serving equals:

1oz. Skinless Chicken or Turkey Breast
1oz. Lean Beef or Pork
1oz. Fish
1 Egg or 2 Egg Whites
½ Cup Tofu
½ Cup Beans, Legumes, Lentils
1/3 Cup Hummus
1 Cup Skim, 1% Milk, or Dairy Alternative
6 oz. Light Regular or Greek Yogurt
1 oz. Low-Fat Cheese
¼ Cup Low-Fat Cottage Cheese

Fruits

1 serving equals:

1 Small Fresh Fruit
1 Cup Melon or Berries
17 Grapes or Cherries
¼ Cup Dried Fruit
½ Cup Canned Fruit, in Water

Healthy Fats

1 serving equals:

1 Tablespoon Nut Butter
¼ Cup Unsalted Nuts or Seeds
1 Tablespoon Olive or Canola Oil
1 Tablespoon Oil-based dressing
10 Olives
¼ Avocado



Fill 1/2 your plate with vegetables.*

1 serving equals:

1 Cup Raw Vegetables
3 Cup Leafy Green Vegetables
½ Cup Cooked Vegetables

Examples: asparagus, beans (green, wax, Italian), bean sprouts, okra, pea pods, beets, kohlrabi, carrots, turnips, radishes, broccoli, brussels sprouts, cabbage (red, green, bok choy), cauliflower, celery, greens (mustard, kale, chard), lettuce (salad greens, dark leafy), spinach, mushrooms, onions, peppers, eggplant, spaghetti squash, summer squash, zucchini.

**High-starch vegetables count as carbohydrates.*



Fill 1/4 of your plate with carbohydrates.

Choose whole grains at least half of the time.

1 serving equals 15 to 30g of carbohydrate:

1-2 Slices of Bread
1-2 Low-Fat Tortillas
½ Bagel
½ - 1 English Muffin
¾ - 1 ½ Cup Cereal
½ - 1 Cup Cooked Cereal (Oatmeal/Grits)
½ - 1 Cup Cooked Pasta
1/3 - 2/3 Cup Cooked Rice
½ - 1 Hamburger Bun
½ - 1 Medium Baked Potato
½ - 1 Cup Corn, Peas, Legumes, or Mashed Potatoes
½ - 1 Cup Cooked Beans or Lentils
5 - 10 Low-Fat Crackers

Planning Meals to Maximize Energy and Control Hunger

- Use your body's hunger and fullness signals to decide how much to eat.
- Breakfast is key—it gives your metabolism a boost and provides energy during the time of day when you need it most.
- Avoid waiting longer than 4 hours between meals or snacks to prevent overeating later in the day.
- Include plenty of fruits and vegetables to fill you up with healthy fiber.
- Avoid sweetened drinks; they provide calories but very little long-lasting energy.
- If you have dessert, keep the serving small and substitute it for part of the carbohydrate portion of your meal.
- Use smaller plates (9"), bowls and glasses to help keep serving sizes under control.
- Maximize energy and control hunger by adding heart healthy fat to meals and snacks. Some foods already have fats (meats, cheeses, nuts, and so on); be sure to add fats (see list on left) if the foods you choose do not contain fats.