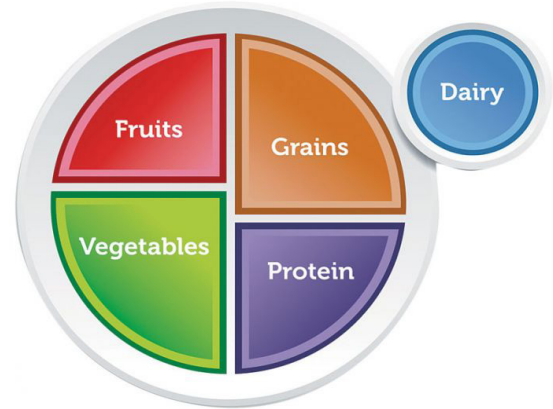


# My Plate Method

Healthy eating can make a big difference in our lives. It can help improve how we feel and can also improve overall health. The Plate Method can help you with portion control and making healthy choices.

## Quick Tips:

- Limit fruit juices as these are high in sugar.
- Stay away from fast foods.
- Limit sugar (cake, cookies, candy) as much as possible.
- Choose lean meats like fish or chicken.



Vegetables	Protein	Grains	Fruits	Dairy
<p><b>Eat more of these:</b></p> <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Carrots</li> <li>• Broccoli</li> <li>• Green beans</li> <li>• Beets</li> <li>• Cabbage</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Onions</li> <li>• Peppers</li> <li>• Zucchini</li> <li>• Cauliflower</li> <li>• Mushrooms</li> <li>• Salad Greens</li> </ul> <p><b>Eat less of these:</b></p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Sweet potatoes</li> <li>• Yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Fish</li> <li>• Poultry</li> <li>• Lean Meat</li> <li>• Ham</li> <li>• Tuna</li> <li>• Seafood</li> <li>• Cheese</li> <li>• Eggs</li> <li>• Nuts</li> <li>• Tofu</li> <li>• Almond Butter</li> <li>• Peanut Butter</li> <li>• Hummus</li> <li>• Black Beans</li> <li>• Pinto Beans</li> </ul>	<p><b>Choose 100% whole grains.</b></p> <ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Whole grain tortilla</li> <li>• Rice (<i>small portion</i>)</li> <li>• Pasta (<i>small portion</i>)</li> <li>• Popcorn</li> <li>• Whole oatmeal</li> <li>• Flour</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Blueberries</li> <li>• Cherries</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Kiwi</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Pineapple</li> <li>• Mango</li> </ul>	<ul style="list-style-type: none"> <li>• Fat Free Milk</li> <li>• Low Fat Milk</li> <li>• Almond Milk</li> <li>• Soy Milk</li> <li>• Non-Fat Light Yogurt</li> <li>• Plain Non-Fat Yogurt</li> </ul>

## Fats and Oils

Avocado and fish have healthy fats. Use healthy plant oils like canola, sunflower and olive oil for cooking. **Avoid solid fats, such as lard, shortening & butter.**