

healthy plate OKLAHOMA

Fruit



Dairy



Non-Starchy
Vegetables



Water



Grain | Bread | Starch



Protein



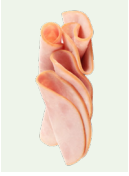
STEPS TO BUILDING A healthy plate:

1. Start with a 9” plate.

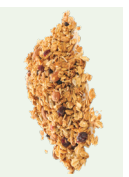
2. Divide plate in half. Fill one half with non-starchy vegetables.

 Celery	 Asparagus	 Collard greens	 Bean sprouts	 Cucumber	 Sugar snap peas	 Beets
 Green beans	 Tomatoes	 Mushrooms	 Cauliflower	 Carrots	 Onions	 Bell Peppers
 Bok choy	 Kohlrabi	 Broccoli	 Yellow squash	 Brussel sprouts	 Salad greens	 Zucchini
 Artichoke	 Cactus	 Tomatillos	 Cabbage	 Turnip	 Eggplant	 Okra

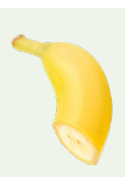
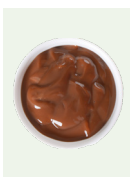
3. Divide the other half in half again. Fill one part with protein.

 3 oz. beef	 3 oz. chicken or turkey	 3 oz. pork	 3 oz. fish	 3 oz. meat alternative
 ¾ cup cottage cheese	 2 oz. cheese	 1 cup tofu	 2 eggs	 3oz. deli meat
 1 cup egg substitute	 3 Tbsp nuts or seeds	 1 ½ Tbsp nut butter	 3 Tbsp protein powder	 1/2 cup dry textured vegetable protein

4. Fill last part with breads, starches or grains.

 ½ cup dry cereal, plain oatmeal or grits	 1/3 cup brown rice, quinoa or pasta	 ½ cup beans or lentils	 ½ cup potato products	 1/3 sweet bread or pastry
 ½ cup corn or peas	 1 slice bread or 2 slices low calorie bread	 1 oz (6-12) chips or pretzels	 ½ English muffin, bun, mini bagel or biscuit	 ½ cup winter squash/pumpkin
 3 cups popcorn	 ½ bar or 3 Tbsp granola	 1 soft 5” or 2 hard tortillas	 2 small cookies	 2” cornbread or fry bread

5. Have small servings of fruit and dairy with meals, or save to use as snacks between meals.

 1 small piece of fruit	 ½ cup fresh, frozen, or canned fruit	 1 cup berries or melons	 ½ banana, mango, or coconut	 ½ cup juice or horchata
 2 Tbsp dried fruit	 8oz milk (cow, soy, almond, Lactaid, etc.)	 6 oz yogurt	 ½ cup sugar free pudding	 ½ cup ice cream

6. Be sure to drink water throughout the day.