

Plate Method

GRAINS MUST SAY "WHOLE"

Check the Ingredients

"Whole grain"

"Whole wheat"

4-5 grams fiber/slice

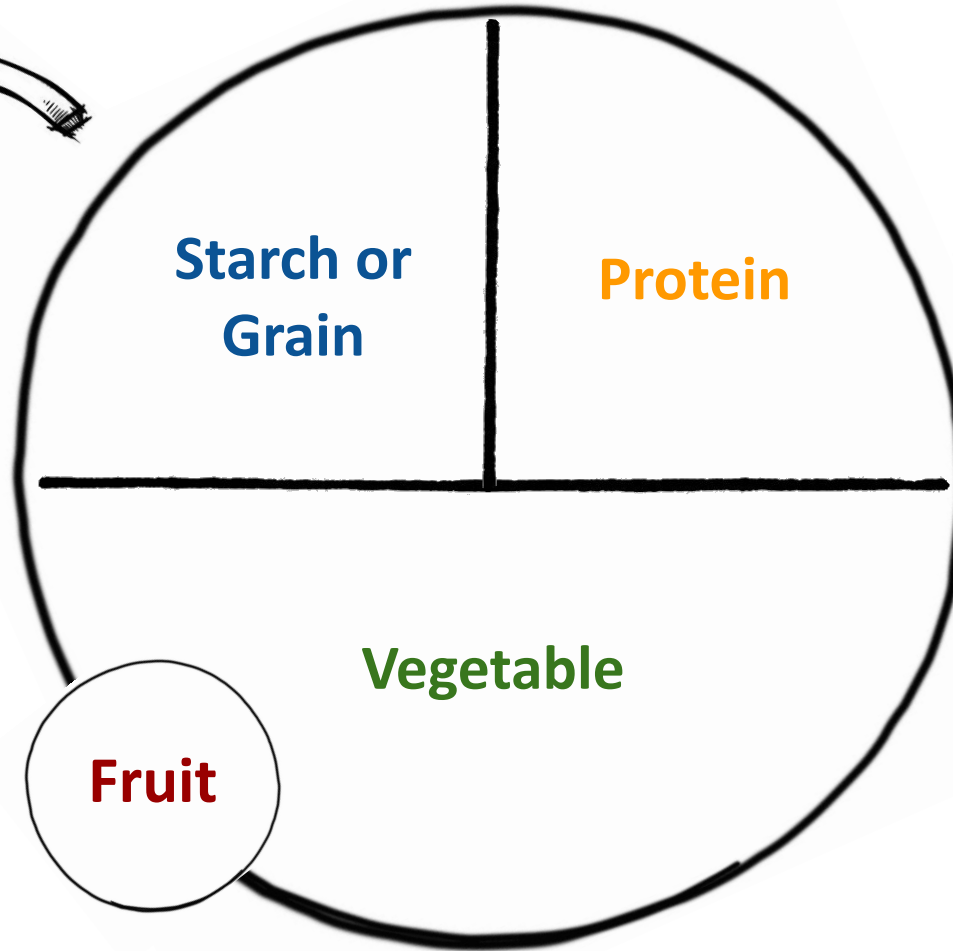


Nuts/Seeds
1/4 daily



Recommend 3-4 fruits
and 4-5 veggies daily

1 serving = 1 fruit or
1/2 cup veggies



Starch or
Grain

Protein

Vegetable

Fruit



Drink Mostly
Water

Limit milk/dairy
1-2 servings/day
(Harvard)



Focus on Plant Proteins

Eat beans daily!

Eat Less Meat

3-4oz portion
Size of deck of cards
Or palm of hand

Limit red meat and cheese
Avoid bacon, cold cuts, and
other processed meats
(CDC report, 2015)