

The Healthy Plate

(American Diet)

How much food should I eat per meal?

Starch: 1 cup cooked pasta, rice, couscous, or quinoa; 1 medium-to-large potato or sweet potato; 1-2 slices of bread, or 1 cup corn or peas

Meat or other protein: 2-4 ounces of chicken, beef, pork, fish, or shrimp; 2 eggs; 1 cup beans; 1-2 ounces cheese; ¼ cup nuts or seeds, or 2 tablespoons peanut or almond butter

Vegetables: unlimited

Fruit: 1 medium (apple, pear, orange), ½ large (mango, papaya, banana), 15 grapes, or 1 cup melon or berries

Calcium-rich food: 1 cup milk, 8 ounces yogurt, 1½ ounces cheese, ½ cup calcium-set tofu, 1/3 cup soy nuts, 2 cups white beans, or 1-1½ cups cooked kale, turnip greens, mustard greens, or broccoli



Breakfast

- 1 cup cooked oatmeal topped with chopped fruit or berries, $\frac{1}{4}$ cup nuts, and sweetened with a little honey, cinnamon, and vanilla extract
- 2 eggs cooked with chopped spinach and cheese, 2 slices whole-grain toast or 1 whole-grain English muffin, 1 piece of fruit
- 2 slices whole-grain toast or 1 whole-grain English muffin with peanut butter and jelly, 1 piece of fruit
- Fruit smoothie: 1 cup milk, $\frac{1}{2}$ cup berries, 1 banana, 2 tablespoons peanut butter, and a handful of spinach or kale

Lunch/Dinner

- Sandwich: tuna fish or egg salad, lettuce, and tomato slices; carrot sticks, salad with 2 tablespoons salad dressing
- 2-4 ounces meat, 1 cup rice or pasta, salad, fruit
- 2 cups soup made with chicken or other lean meat, beans, and vegetables, with 5-6 whole-grain crackers or toast

Snacks

- 1 cup plain yogurt with chopped fruit and $\frac{1}{4}$ cup granola
- 1 medium fruit with $\frac{1}{4}$ cup nuts (peanuts, cashews, almonds) or 2 tablespoons of peanut or almond butter
- 1 slice whole-grain toast with avocado
- Carrot sticks and $\frac{1}{2}$ cup hummus
- 4-6 whole grain crackers and 1 ounce cheese
- Handful of tortilla chips with cottage cheese and salsa