



The Healthy Plate (LATINO DIET)

How much food should I eat per meal?

Starch: 1 flour tortilla or 2-3 small corn tortillas with ½ cup rice or beans; or 2 slices of bread; or 1 cup cooked oatmeal or pasta

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

Vegetables: unlimited, including salad, tomato, onions, squash, chilies, cilantro, salsa, pico de gallo, jicama, carrots, broccoli

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

Calcium-rich food: 1 cup calcium-fortified soy milk, 1 cup milk, 8 ounces yogurt, 1½ ounces cheese, 1½ cups cooked broccoli, or 2 cups white beans

Breakfast

- 2 eggs cooked with chopped tomatoes, onions, and chilies; 2-3 corn tortillas; ½ cup beans, salsa, 1 piece of fruit
- Fruit smoothie: 1 cup milk, ½ cup berries, 1 banana, 2 tablespoons peanut butter, and a handful of spinach or kale
- 1 cup cooked oatmeal topped with chopped fruit or berries, ¼ cup nuts, and sweetened with a little honey, cinnamon, and vanilla extract

Lunch/Dinner

- 2-4 ounces meat, 2-3 corn tortillas, salsa, 1-2 tablespoons sour cream, ½ cup rice, salad, ½ mango, tea
- 2 cups of soup made with chicken, beans, and vegetables; 2-3 corn tortillas topped with shredded cabbage, lime, and queso fresco or cotija cheese
- Sandwich: tuna fish or egg salad, lettuce, and tomato slices; carrot sticks, salad with 2 tablespoons salad dressing

Snacks

- 1 cup plain yogurt with chopped fruit and ¼ cup granola
- 1 medium fruit with ¼ cup nuts or 2 tablespoons of peanut or almond butter
- 1 slice whole-grain toast with peanut butter and sliced banana
- 1-2 corn tortillas with beans, grated cheese, and avocado
- 4-6 whole-grain crackers with 1 ounce cheese
- Handful of tortilla chips with cottage cheese and salsa
- ½ of a PB&J or tuna fish sandwich

