

BALANCED PLATE MODEL

FRUITS AND VEGETABLES

- Include a fruit and/or vegetable with each meal
- Fruit: aim for 2-3 servings of fruit each day. 1 serving = ½ cup chopped or 1 small piece (size of a tennis ball)
- Vegetables: aim for 1 cup of vegetables with lunch and dinner



PROTEIN

- Animal based protein: beef, pork, poultry, fish, lamb, and shellfish, eggs. Limit portions to 2-3 ounces.
- Plant based protein: beans, lentils, tofu, tempeh, unsalted nuts, nut butter
- Dairy: Cheese (limit to 4 ounces per week), milk and yogurt (limit to 4 ounces per day)

GRAINS AND STARCHY FOODS

- Bread, pasta, rice, barley, pita, crackers, dinner roll, tortilla, quinoa, potato