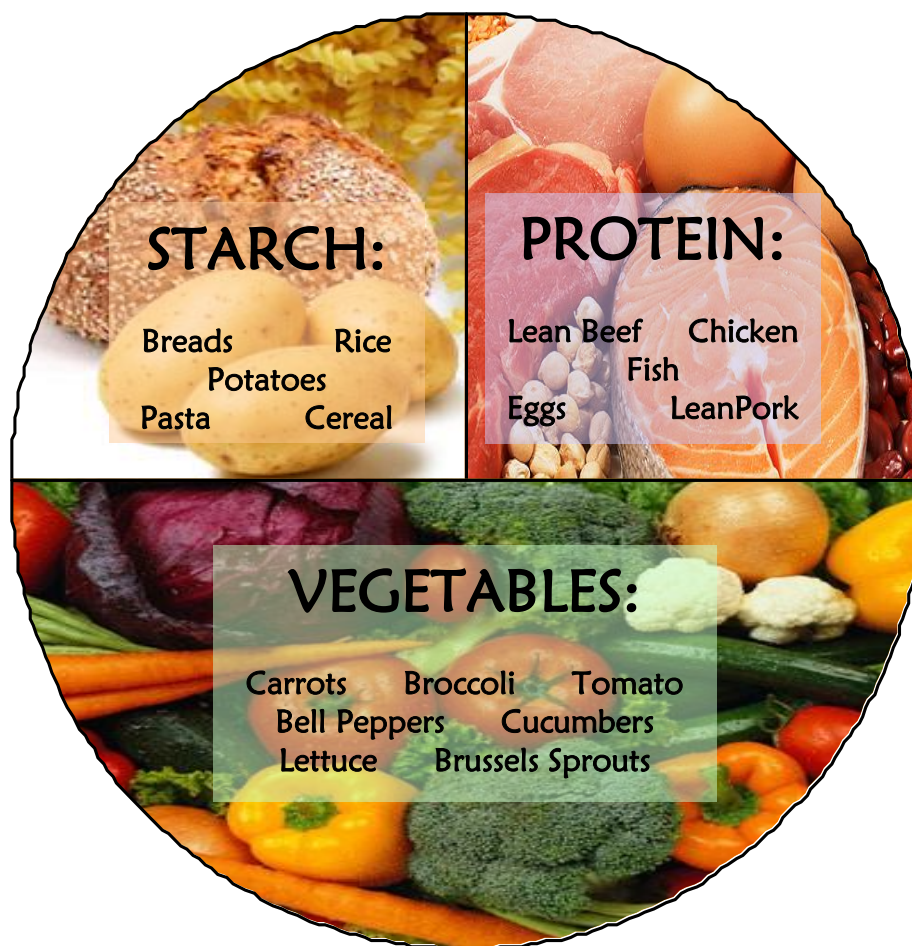








# What your plate SHOULD look like:

Use this model to control your portions, your waistline, and your blood sugar at mealtimes...



- Your plate should contain  $\frac{1}{4}$  lean protein,  $\frac{1}{4}$  starch, and  $\frac{1}{2}$  vegetables.
- As long as your **vegetables** are NOT covered in butter, cheese, dressing, etc, you can always **go back for seconds**.
- **Starchy vegetables** (dried beans, corn, peas, potatoes, winter squash, yams) do not count as a vegetable, they count as a starch.
- **Baked, broiled, and grilled** foods are much healthier, lower calorie options than fried foods.
- Choose **lean protein sources** such as chicken, turkey, fish, and lean cuts of pork or beef. This reduces the calorie content.

## Helpful Hints for Portion Control:

Portion Size		
<b>Serving:</b>		
1 ounce	4 Dice	
3 ounces	Deck of Cards	
1 cup	A Fist	
1 teaspoon	A thumb tip	
¼ cup	A golf ball	
2 tablespoons	A large marshmallow	

## The Skinny on High Calorie Foods:

These Foods...	Add Calories...
1 scoop vanilla ice cream	100 calories
1 chocolate chip cookie	110 calories
1 package potato chips	150 calories
1 cafe latte with skim milk	180 calories
1 glazed donut	250 calories
1 slice chocolate cake with frosting	320 calories
1 brownie	420 calories

## Know Your Serving Sizes!

	Protein	Starch	Vegetable	Fruit	Milk	Fat
<b>Serving size:</b>	2-3 ounces	1/2 cup	1 cup raw, 1/2 cup cooked	1 small fruit, 1/2 cup canned, 17 grapes, 4 ounces fruit juice	1 cup skim, 6 ounces yogurt	1 tsp oil, 1/4 cup nuts, 1 tsp mayonnaise, 2 Tbsp salad dressing
<b>Calories:</b>	45-100	80	25	60	120-160	45
<b>Examples:</b>	beef, fish, chicken, turkey, lamb, wild game, pork, peanut butter, cheese, tofu, egg	potato, bagel, popcorn, pita, white or wheat bread, rice, peas, yams, sweet potato, winter squash	green beans, beets, carrots, greens, cucumber, celery, tomato, zucchini, summer squash, lettuce	apple, banana, canned fruit (unsweetened), grapefruit, melon, strawberries, orange juice, cranberry juice	skim milk, soy milk, yogurt (plain, sweetened, or artificially sweetened)	canola oil, olive oil, almonds, peanuts, pecans, mayo, salad dressing, butter, shortening, cream cheese, sour cream