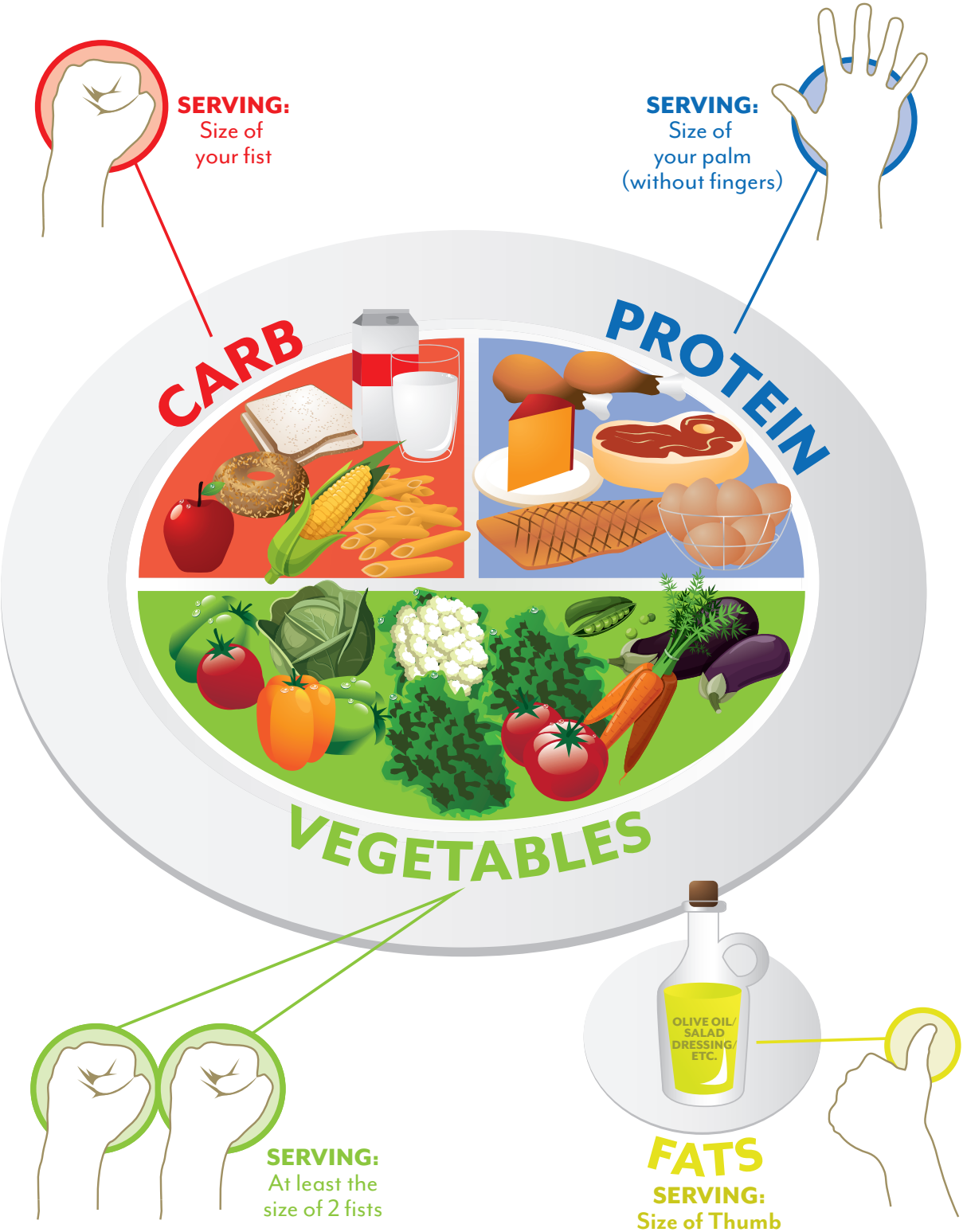


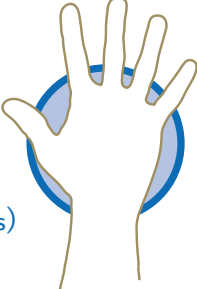
# Plate of Life



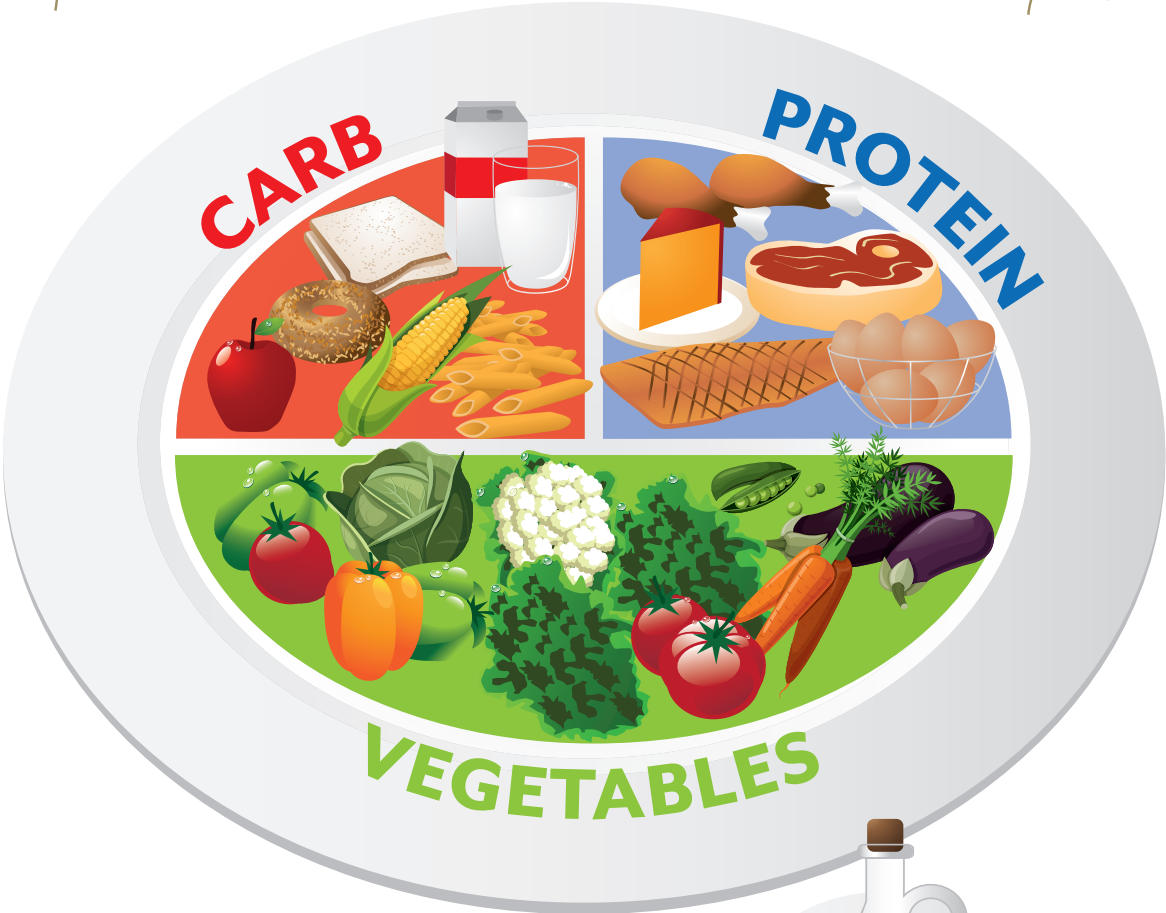
# Plate of Life



**SERVING:**  
Size of  
your fist



**SERVING:**  
Size of  
your palm  
(without fingers)



**SERVING:**  
At least the  
size of 2 fists



**FATS**  
**SERVING:**  
Size of Thumb



# Plate of Life



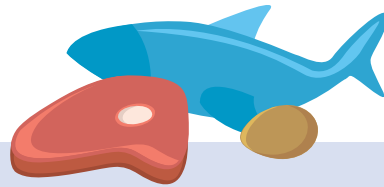
# Vegetables



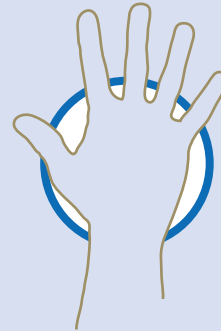
Alfalfa Sprouts  
Artichoke/Artichoke hearts  
Asparagus  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Green beans  
Greens, any kind (collard, mustard, turnip, etc)  
Lettuce, any kind  
Leeks  
Mushrooms  
Okra  
Onions  
Peppers  
Radishes  
Rhubarb  
Sauerkraut  
Snow Peas  
Spinach  
Sugar snap peas  
Summer squash  
Tomatoes  
Turnips  
Vegetable juice – low sodium  
Water chestnuts  
Zucchini



# Proteins



Eggs, Egg substitute  
Cheese (Reduced Fat)  
Cottage cheese (2% fat)  
String cheese (Light or Reduced Fat)  
Tuna canned in water (Very low sodium)  
Sandwich or deli meats (Low sodium)  
Chicken, turkey (without skin)  
Ground chicken or turkey (at least 93% lean)  
Fish, seafood (not fried)  
Beef, lamb, veal, or pork (lean cuts: round, sirloin, flank steak, tenderloin, roast, loin chop)  
Venison (deer) and game



(The size of your palm)

# Fats



Avocado  
Olives  
Olive oil or other vegetable oils  
Peanut butter (Avoid reduced fat), **1 TBSP**  
Nuts & seeds, unsalted, **2 TBSP**  
Mayonnaise (Light)  
Spreadable margarine (Light, trans fat free)  
Salad dressing (Light or Reduced Fat)  
Cream cheese (Reduced fat)  
Sour cream (Reduced fat)  
Bacon  
Sausage  
Butter  
Chitterlings  
Fatback  
Salted Pork  
Cream  
Half and Half  
Lard Shortening/Crisco  
Sugar free coffee creamer



(The size of your thumb)

# Carbohydrate Foods



## Starch (Carb)

- 1 slice whole-grain bread
- ½ small whole-grain bagel
- ½ whole-grain English muffin
- ½ cup high-fiber cereal
- ¾ cereal unsweetened, Cheerios, Corn Flakes
- ½ cup cooked cereal, oatmeal, grits
- 2 Tablespoons granola
- 1/3 cup cooked pasta
- 1/3 cup cooked brown rice
- ½ whole-grain hamburger bun
- 1 small potato or sweet potato
- ½ cup corn, peas, or legumes
- ½ cup cooked beans (kidney, black, garbanzo, pinto)
- ½ cup sweet potatoes
- 6 whole-grain crackers
- 1 small whole-grain waffle or pancake
- 1 cup broth-based soup
- 1 Tablespoon honey, agave, or sugar
- 1 bar granola bar
- 15 each chips, potato or tortilla, baked
- 3 cups Popcorn, microwave, popped, LIGHT
- 15 each pretzels, mini unsalted

## Fruit (Carb)

- 1 small fresh fruit (size of tennis ball)
- Apple, pear, orange, kiwi, nectarine
- 1 cup melon
- 1 cup berries
- ½ grapefruit
- 17 grapes
- 12 cherries
- ½ banana
- 2 tbsp. raisins or dried fruit
- ½ cup canned fruit (light)
- ½ cup fruit juice (limit ½c daily)

## Milk (Carb)

- 1 cup skim or 1% milk
- 6-8 ounces light yogurt
- ¾ cup plain yogurt
- 1 cup vanilla 0% Greek yogurt
- 1 cup light soy milk

**Tip:** Try 1 cup unsweetened plain or vanilla almond milk instead... it doesn't count as carb!

## Combination Foods (Carb)

- 1 cup Asian entree (meat & vegetables), no rice
- 1 cup casserole
- 1 cup chili
- 1 cup mixed vegetables, with corn, pasta, peas
- 1/8 pizza of 10" pizza, pizza, thin crust medium
- ½ cup sauce, tomato or marinara, canned
- 1 cup soup (bean, noodle, rice, vegetable)
- 1/3 of 6" sub sandwich
- 2 tacos, corn shell

## "Special Occasion" Foods (Carb)

- 2" square brownie or cake
- 3 pieces candy, hard, round
- 1 cookie (3" across)
- ½ small donut
- 1/3 cup frozen yogurt, non-fat or low-fat
- ½ cup gelatin, fat free
- 1 tbsp honey or table sugar
- ½ cup ice cream, light
- 1 tbsp jam or jelly, regular
- 2 tbsp syrup, light

## Beverages (Carb)

- 1/3 can soda pop, 4 oz
- 4 oz sweet tea
- 8 oz sports drink
- ½ can energy drink, 4 oz
- 4 oz mocha coffee



Limit carb portions to  
1 fist at each meal