

The Plate Method



Fruit and Vegetables

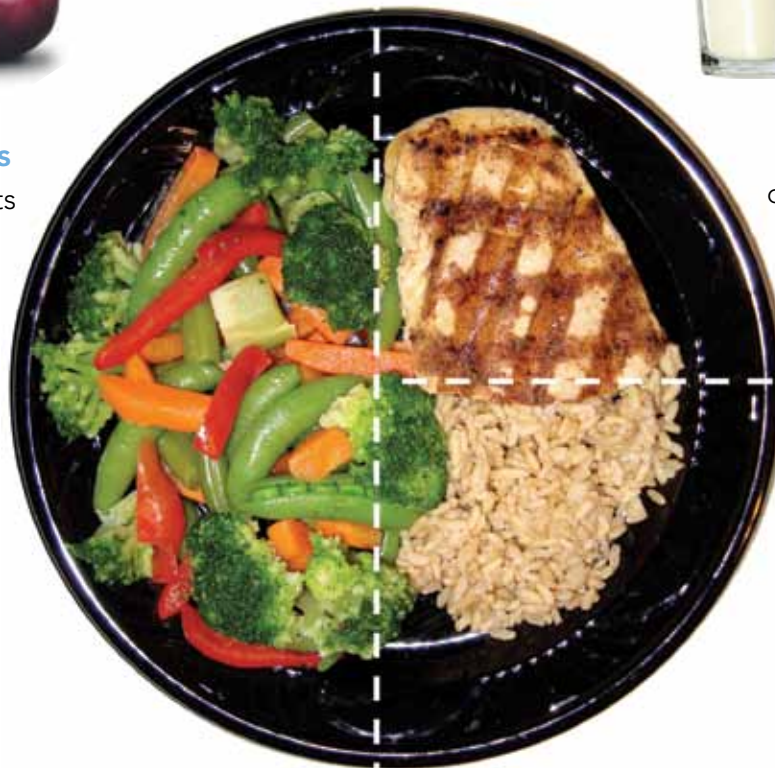
Make $\frac{1}{2}$ your plate fruits and vegetables.



Milk
8oz. = 1 cup

Protein

Make a little less than $\frac{1}{4}$ of your plate lean meat or other protein foods.



Grains/Starches

Make a little more than $\frac{1}{4}$ of your plate grains or starchy foods. Try whole grains like brown rice.



Select a 9 inch plate and use this guide to help keep your portions in control.

1 cup



Baseball

$\frac{1}{2}$ cup



Tennis ball

$\frac{1}{3}$ cup



Egg

2 Tbs



Golf ball

1 Tbs



Walnut

1 tsp



Penny

3 oz.



Deck of cards

1 oz.



Four dice

Healthy food choices

<p>Grains/ Starch 6-11 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • ¼ large bagel • 1 slice bread • ½ pita or English muffin • 1 6-inch tortilla or chapati • ½ cup cooked dried beans • ½ cup sweetened cereal • ¾ cup unsweetened cereal • ⅓ cup cooked pasta, rice or couscous • ½ cup cooked cereal • ½ cup peas or corn • 1 small potato (3 oz.) • 4 to 6 crackers • ½ cup sweet potato • 3 graham cracker squares • 3 cups light popcorn 			
<p>Fruit 3-5 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 medium apple • ½ medium banana • 1 cup berries • ½ cup grapes • 1 cup melon • 1 small orange • ½ grapefruit • 2 tbsp. raisins • 1 medium pear • ½ cup 100% fruit juice • ½ cup canned fruit (in juice or light syrup) • ½ mango 			
<p>Milk 2-3 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 cup fat-free or 1% milk • 1 cup soy milk • 6-8 oz. plain nonfat yogurt • 6-8 oz light yogurt 			
<p>Vegetable 4-5 servings per day</p>	<p>1 cup raw vegetables or ½ cup cooked vegetables. Examples of non-starchy vegetables:</p> <ul style="list-style-type: none"> • broccoli • cucumber • carrots • cauliflower • celery • green beans • peppers • lettuce • ½ cup V-8 or tomato juice • greens (kale, collard, mustard) • tomatoes • asparagus • spinach 			
<p>Protein 4-6 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 oz fish • 1 oz skinless chicken or turkey • 1 oz lean beef, pork, lamb, or veal • ½ cup tofu or beans • 1 egg or 2 egg whites • ¼ cup egg substitute • ¼ cup low-fat cottage cheese • 1 oz low-fat cheese • 2 tbsp. peanut butter 			
<p>Fat and oil 3-6 servings per day</p>	<p>Serving sizes:</p> <ul style="list-style-type: none"> • 1 tsp. butter, oil, soft margarine or mayonnaise • 10 peanuts • 6 almonds • 9 cashews • 1 tbsp. cream cheese or salad dressing • 2 tbsp light cream cheese or salad dressing • 1/8 avocado • 1 tsp vegetable oil • 1 slice bacon • 3 tbsp. low-fat sour cream 			
<p>Weight loss tips</p>	<p>Spice it up!</p> <ul style="list-style-type: none"> • Buy fresh, frozen, or canned vegetables • Replace soda with water • Eat 3 meals a day • Remove serving dishes from the table to avoid second helpings • Limit second helpings to salad and vegetables • Bake or broil, avoid fried foods • Take skin off chicken • Cook rice and pasta without salt • Use fresh meat • Use herbs and spices 			

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team. Kaiser Permanente does not endorse any brand names; any similar products may be used.