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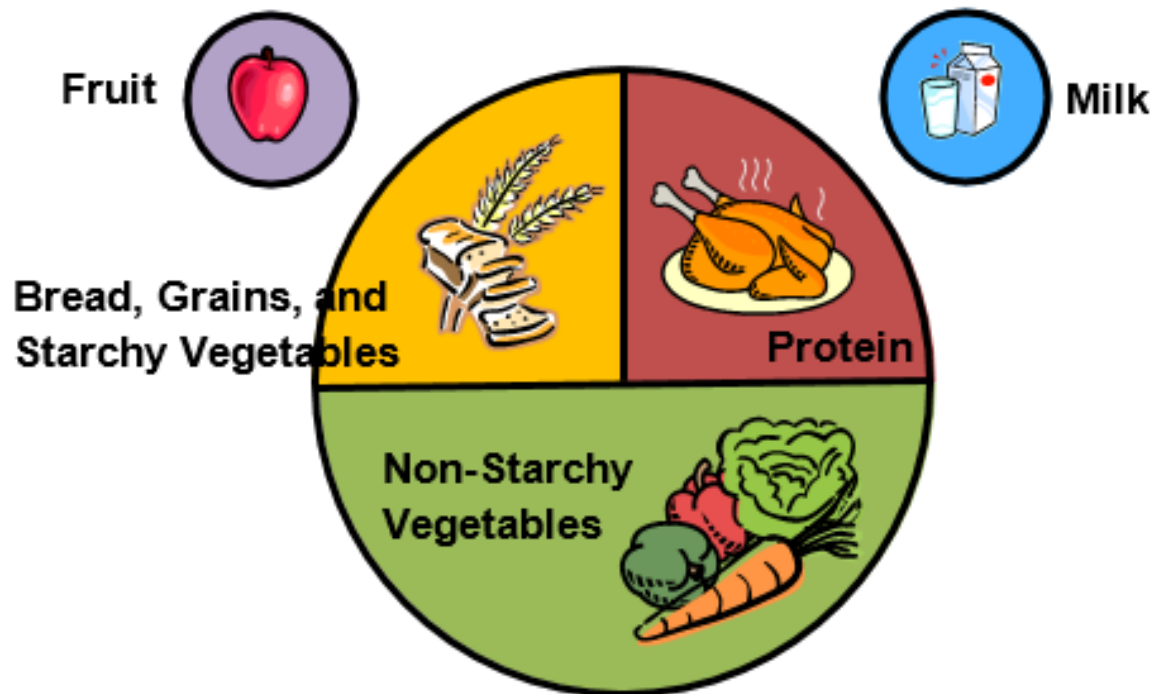
# Focus on Your Plate

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Make healthy eating easy with something you use every day: your plate!  
The “plate method” is a **practical** way to get the **balanced nutrition** that you need every day.

## Pro Tip!

Use a 9-inch plate to help make portion control easier.



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## **Fruit**

All fruit counts: fresh, frozen, canned, or dried. Drain and rinse canned fruit. Watch portion sizes on dried fruit.

## **Non-Starchy Vegetables**

Vegetables may be raw, cooked, fresh, frozen, or canned. Drain and rinse canned vegetables.

## **Dairy**

Choose products made from nonfat or low-fat milk. If you cannot have milk, you may choose yogurt or milk alternatives (i.e. soy milk).

## **Bread, Grains, and Starchy Vegetables**

Any grain or food made from a grain (i.e. wheat, rice, oats, corn) is a grain product.

Starchy vegetables include potatoes, winter squash, beans, and peas.

## **Protein**

Protein foods include meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds. Low-fat cheese and Greek yogurt can also be used for protein.

Lean proteins include seafood, skinless poultry, extra lean ground meat, and meat with little marbling.