Plan Your Plate!

**FRUIT**
- A serving is:
  - 1 medium piece of fruit
  - 1/2 c. of canned fruit
  - 1/4 c. of dried fruit
  - 3/4 c. of 100% fruit juice

Choose fruits and fruit juices without added sweeteners or syrups.

**DAIRY**
- A serving is:
  - 1 c. of lowfat milk
  - 1 c. of lowfat yogurt

Choose low-fat or nonfat milk or yogurt.

**FREE FOODS**
- spices
- lemon, lime juice
- tabasco sauce
- prepared mustard
- pepper sauce
- artificial sweetener

These have very few calories. Use them to flavor your foods.

**NON-STARCHY VEGETABLES**
- A serving is 1/2 cup of cooked or 1 cup of raw:
  - greens:
    - turnip
    - mustard
    - collard
    - cabbage
  - lettuce
  - broccoli
  - tomato
  - squash
  - okra
  - carrots
  - mushrooms
  - onion
  - cucumber
  - celery

Choose fresh or frozen vegetables without added sauces, fats, or salt.

**STARCHES**
- A serving is:
  - 1/2 c. rice, pasta, cereal
  - 1 slice of bread
  - 1 brown and serve roll
  - 1 2" cube cornbread
  - 1/2 c. corn, peas, potatoes

Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, or brown rice. They're nutritious and high in fiber.

**MEAT**
- A serving is:
  - 2-3 ounces of cooked poultry, fish, beef, pork
  - 2 ounces of lowfat cheese
  - 1/2 c. cooked beans
  - 2 tablespoons peanut butter

Bake, roast, broil, grill or boil instead of frying or adding fat.

**FATS**
- A serving is:
  - 1 teaspoon of soft margarine
  - 1 teaspoon of mayonnaise
  - 1 tablespoon of salad dressing

Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.

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