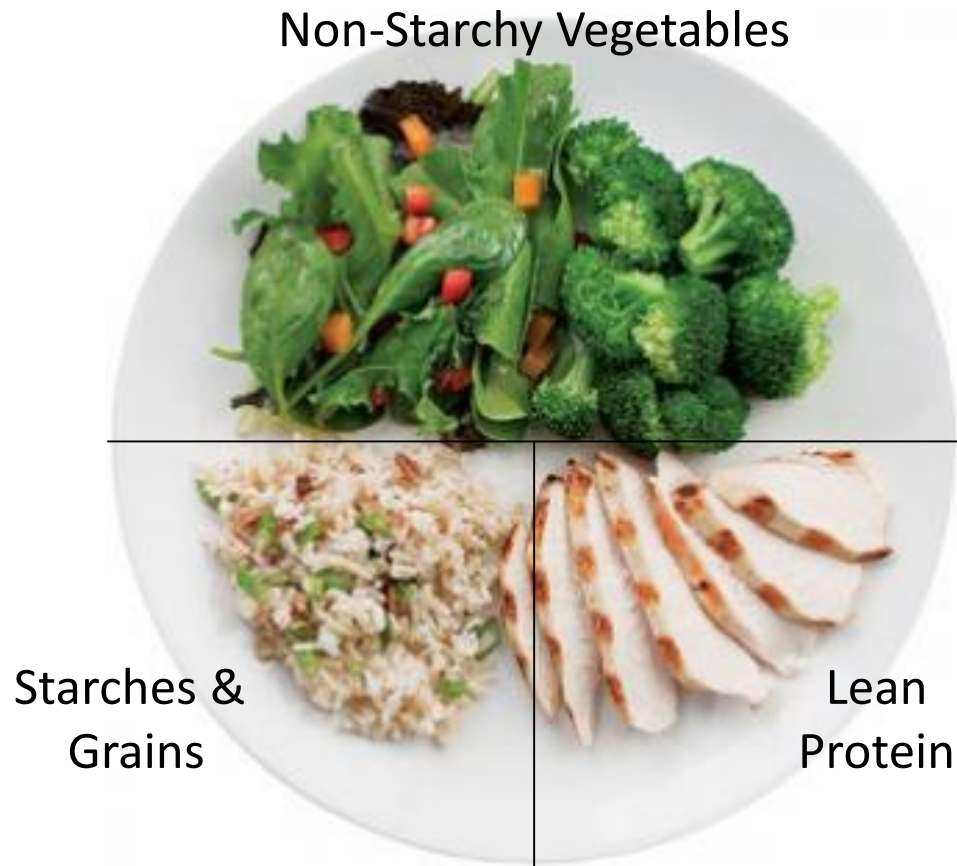


# The Balanced Plate

online care group



Fruit

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# Balanced Plate Food Options

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## Carbohydrates:

- ☐ ½ cup rolled or steel cut oats, cooked
- ☐ 1 packet low sugar instant oatmeal
- ☐ 1 serving of dry whole grain cereal (ex: ¾ cup bran flakes, shredded wheat)
- ☐ 1 whole wheat waffle
- ☐ 1 slice whole grain bread
- ☐ 2 slices light whole grain bread
- ☐ ½ whole grain small bagel or English muffin
- ☐ ½ cup brown rice, barley, or quinoa, cooked
- ☐ ½ cup whole wheat pasta or noodles, cooked
- ☐ 1 low carb whole wheat sandwich thin
- ☐ 1 whole wheat tortilla (6" across)
- ☐ ½ whole wheat pita (6" across)

## Fruit:

- ☐ 1 medium fruit (ex: orange, apple, peach, nectarine, pear)
- ☐ 1 cup berries (ex: strawberries, blueberries, raspberries)
- ☐ 1 cup melon (ex: cantaloupe, honeydew, watermelon)
- ☐ 1 small banana
- ☐ ½ grapefruit
- ☐ 1 cup grapes
- ☐ 2 Tbsp. of unsweetened dried fruit
- ☐ ½ cup canned fruit in natural juice (not syrup)

## Protein:

- ☐ ¼ cup egg beaters
- ☐ 1 whole egg
- ☐ 2 egg whites
- ☐ 1 cup milk, unsweetened soymilk
- ☐ 1 cup yogurt, plain
- ☐ 1 oz. cheese
- ☐ 1 string cheese
- ☐ 1 oz. turkey sausage, skinless chicken or turkey
- ☐ 1 oz. fish (cod, flounder, haddock, salmon)
- ☐ 1 oz. lean beef or pork
- ☐ ¼ cup cottage cheese
- ☐ 1 oz. tuna, canned in water
- ☐ ½ cup beans or lentils, cooked
- ☐ ½ cup tofu
- ☐ 1/3 cup hummus (2 Tbsp. as a fat option)
- ☐ ¼ cup nuts (2 Tbsp. as a fat option)
- ☐ 2 Tbsp. natural peanut butter (2 tsp. as a fat option)

## Non-starchy vegetables:

- ☐ 1 cup mixed greens salad
- ☐ ½ cup cooked or raw vegetables: spinach, kale, asparagus, broccoli, peppers, cauliflower, carrots, cabbage, summer squash, tomatoes, onions, leeks, beets, etc.

## Starchy vegetables:

- ☐ ½ cup corn, peas
- ☐ ½ cup mashed potatoes or ½ small potato (sweet or white potato)

## Fats:

- ☐ 1 tsp. olive oil/vegetable oil
- ☐ 1 tsp. butter
- ☐ 1 Tbsp. light butter spread
- ☐ 2 Tbsp. light cream cheese
- ☐ 1 Tbsp. regular salad dressing
- ☐ 2 Tbsp. light salad dressing
- ☐ 2 Tbsp. unsalted nuts
- ☐ 1 Tbsp. light mayo
- ☐ 2 tsp. mayo
- ☐ 1/8<sup>th</sup> slice of avocado
- ☐ 2 Tbsp. hummus
- ☐ 2 tsp. peanut butter

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