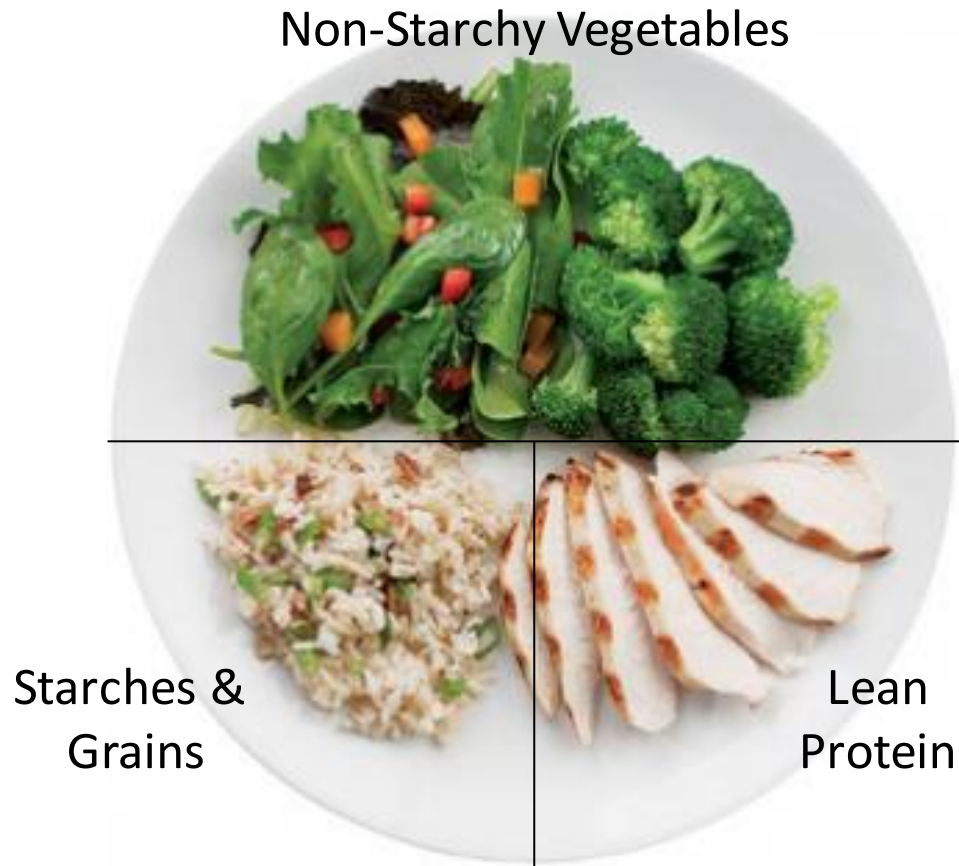


The Balanced Plate



Balanced Plate Food Options

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
- 1/8th slice of avocado
- 2 Tbsp. hummus
- 2 tsp. peanut butter