

Nonstarchy
vegetables

Fruit

Lean protein

Whole grain and
starchy vegetables



Balanced plate food choices

Protein

- 1 whole egg
- ¼ cup Egg Beaters
- 2 egg whites
- 1 cup milk, soy milk
- 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 or tilapia)
- 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
- ½ cup hummus (2 Tbsp as a fat option)
- ¼ cup nuts (2 Tbsp as a fat option)
- 2 Tbsp peanut butter (2 tsp as a fat option)

Starchy vegetables

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

Nonstarchy 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.

Fruit

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

Fats

- 1 tsp olive oil or vegetable oil
- 1 tsp butter
- 1 Tbsp light butter spread
- 2 Tbsp light cream cheese
- 1 Tbsp regular salad dressing

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- 2 Tbsp walnuts, almonds, etc.
- 1 Tbsp light mayo
- 2 tsp mayo
- ¼ slice of avocado
- 2 Tbsp hummus
- 2 Tbsp nuts
- 2 tsp peanut butter

Carbohydrates

- 1 packet low-sugar instant oatmeal
- ½ cup rolled or steel cut oats, cooked
- 1 serving of dry whole grain cereal (examples: ¾ cup bran flakes, shredded wheat)
- 1 whole wheat waffle
- 1 slice whole grain bread
- 2 slices light whole wheat bread
- ½ whole wheat small bagel or English muffin
- ½ cup brown rice, barley, quinoa or farro, 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)