

# Aim for a Healthy Plate

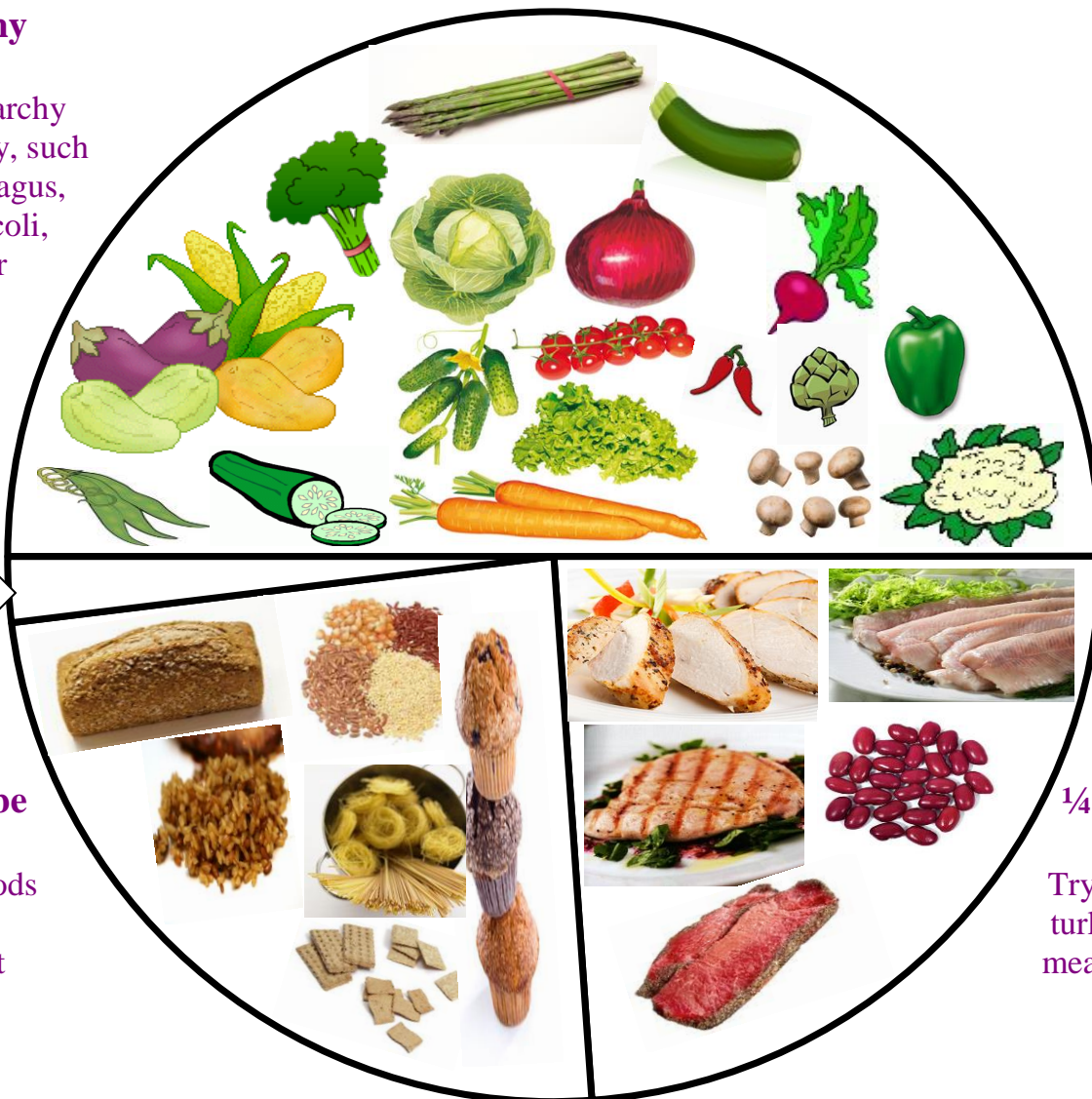
Source: Choosemyplate.gov 07/15



Drink water or low fat milk instead of soda, energy drinks or fruit drinks

## 1/2 of the plate should be non-starchy vegetables

Eat several non-starchy vegetables every day, such as tomatoes, asparagus, cucumbers, broccoli, cauliflower, or mushrooms.



## Fats and Oils

We only need to eat small amounts (1-2 tablespoons). Fats and oils include mayonnaise, salad dressing, vegetable oil, or peanut butter.

## 1/4 of the plate should be whole grains

Eat several whole grain foods every day, such as oats, brown rice, whole-wheat bread or pasta.

## 1/4 of the plate should be lean meat or protein

Try to shop for lean meats, chicken, turkey, fish, or beans. Buy skinless meat parts or take off the skin before eating.

## \*Fruits

Enjoy fruit for a snack or with meals. Eat fruits raw or canned in their own juices. Vary your fruit choices. Fruits differ in nutrient content.



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412-687-ACHD (2243)