**Plate Method Simple Food List with General Serving Sizes**

### NON-STARCHY VEGETABLES (1/2 PLATE)
- 1 serving = ½ c cooked or 1 c raw
- ~ 25 calories; 5 g carbs
- 2 g protein; 0 g fat
- Artichokes
- Asparagus
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (collards, kale, mustard, turnips, etc.)
- Jicama
- Lettuce (all types)
- Mushrooms
- Okra (not fried)
- Onions
- Peppers (all types)
- Radishes
- Snow peas
- Spaghetti squash
- Spinach
- Sugar snap peas
- Tomato sauce, unsweetened
- Tomatoes/tomato juice
- Vegetable juice
- Water chestnuts
- Yellow squash
- Zucchini squash

### WHOLE GRAINS, STARCHY VEGETABLES, LEGUMES/LENTILS (1/4 PLATE)
- Whole Grains
  - 1 serving = 1 oz
  - ~ 80 calories; 15 g carbs
  - 3 g protein; 1 g fat
- Reducing-calorie bread (2 slices)
- Cereal, cold (¼ to 1 c)
- Cereal, hot (½ c cooked)
- Chips (3/4 to 1 oz)
- Crackers (4-7)
- Pancakes (4” diameter)
- Pasta (1/3 c cooked)
- Quinoa (1/3 c cooked)
- Rice (1/3 c cooked)
- Tortilla, small, 6” diameter
- Starchy Vegetables
  - 1 serving = ½ c cooked
  - ~ 80 calories; 15 g carbs
  - 3 g protein; 1 g fat
- Acorn or butternut squash
- Corn
- Lentil (1/3 c)
- Potatoes (3 oz or ½ cup)
- Pumpkin
- Legumes/Lentils
  - 1 serving = ½ c cooked
  - ~ 110 calories; 15 g carbs
  - 6-8 g protein; 0 fat
- Beans, cooked (black, garbanzo, kidney, lima, navy, pinto, soy, white)
- Black-eye peas
- Hummus (1/4 c)
- Lentils (any color)
- Baked beans (1/3 c)

### LEAN PROTEIN (1/4 PLATE)
- 1 serving = 1 oz
- ~ 45 calories; 0 g carbs
- 7 g protein; 2 g fat
- Beef (loin or round cuts; “select” grades)
- Pork (loin cuts)
- Chicken, turkey no skin
- Fish/Seafood (choose fatty fish for omega-3 fats – salmon, sardines, tuna, others)
- Eggs (2 whites; 1 whole egg has ~ 75 calories & 5 g fat)
- Cheese, low-fat (3 g of fat or less)

### FRUIT (½ cup or 4 ounces)
- ~ 60 calories; 15 g carbs
- 0 g protein; 0 g fat
- Apples (4 oz)
- Apricots (4)
- Bananas (4” long)
- Blueberries (3/4 to 1 c)
- Cantaloupe (1 cup diced)
- Cherries (12)
- Dried fruit (2 T)
- Figs, fresh (2)
- Fruit cocktail (½ c)
- Fruit juice (¼ cup)
- Grapefruit (½)
- Grapes (17 small)
- Honeydew melon (1 c diced)
- Kiwi (½ c sliced)
- Mango (5 ½ oz)
- Orange (6 ½ oz)
- Papaya (1 c cubed)
- Peach (6 oz)
- Pear (4 oz)
- Pineapple, fresh (3/4 c)
- Plums (2 small)
- Prunes, dried (3)
- Strawberries (1 ¼ c whole)
- Tangerine (6 oz)
- Watermelon (1 ¼ c diced)

### MILK, YOGURT (3/4 to 1 cup)
- Choose non-fat or 1% fat varieties
- ~ 90 -100 calories, 12 g carbs
- 8 g protein, 0-3 g fat
- Milk, cow’s, goat’s (1 c)
- Rice drink, plain, fat-free (1 c)
- Soy milk, plain (1 c)
- Yogurt (3/4 c or 6 oz)

### HIGH-QUALITY FATS (1 teaspoon)
- ~ 45 calories, 0 carbs
- 0 protein, 5 g fat
- Monounsaturated Fats
  - (best choice)
  - Avocado (2 T or 1 oz)
  - Almonds (6)
  - Brazil nuts (2)
  - Cashews (2)
  - Peanuts (10)
  - Pecans (4 halves)
  - Pistachio nuts (16)
  - Olives (8 black; 10 large green)
- Polyunsaturated Fats
  - Margarine (1-3 tsp)
  - Mayonnaise (1-3 tsp)
  - Pine nuts (1 T)
  - Walnuts (4 halves)
- Saturated Fats (limit)
  - Bacon (1 slice)
  - Butter, stick (1 tsp)
  - Coconut milk, canned, lite (1/3 c)

### Plate Method
- Plan a BALANCED MEAL using the Plate Method:
  - Fill 1/2 your plate with non-starchy vegetables.
  - Fill 1/4 your plate with whole grains, starchy vegetables, legumes/lentils.
  - Fill 1/4 your plate with LEAN protein.
  - Add a serving of fruit, dairy, or both as you plan your meal.
  - Choose HEALTHY fats in small amounts.
  - Add a low-calorie beverage like water, unsweetened tea/coffee.

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