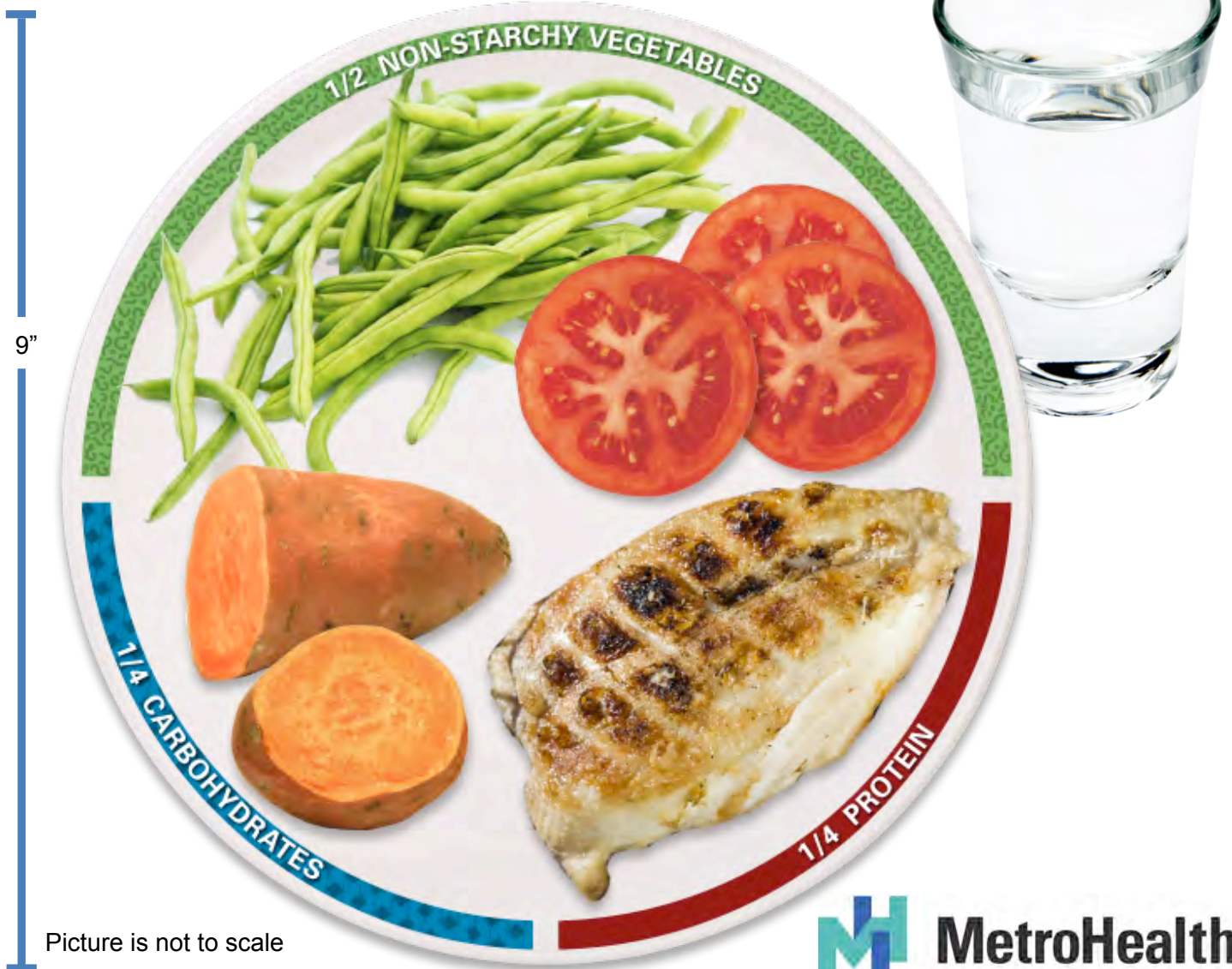


# MetroHealth's Healthy Plate for Healthy Weight

## Healthy Eating Guidelines

- Eat breakfast, lunch and dinner for fullness. This will protect you against snacking between meals.
- Drink water for thirst. Sugar free "0" calorie drinks may be used on occasion. Avoid sugared drinks like sweet teas, Koolaid, pop or juice.
- Use the Healthy Plate to plan your meals and make a grocery list. Buy only what's on your list.
- Shop on a full stomach. Know your "junk food" and leave it at the store.
- Bake, broil, boil, braise, roast or stir-fry using a spray oil. Avoid frying.
- Eat smaller portions and limit second helpings.



Picture is not to scale



## NON-STARCHY VEGETABLES: Fill ½ of your plate with:

Artichoke / Artichoke hearts	Celery	Peppers (all varieties)
Arugula	Cucumber	Radishes
Asparagus	Eggplant	Spinach
Baby Corn	Greens (all varieties)	Sprouts (all varieties)
Beans: Green/Yellow varieties	Leeks	Summer Squash:
Beets	Lettuce (all varieties)	- Zucchini
Broccoli	Mushrooms (all varieties)	- Yellow
Brussels sprouts	Okra	- Crook neck
Cabbage (all varieties)	Onions (all varieties)	- Spaghetti
Carrots	Parsley	Tomato: raw or canned
Cauliflower	Pea pods: Snow/Sugar snap	Turnips/ Rutabaga

## CARBOHYDRATES: Fill ¼ of your plate (one smaller section) with a serving from starchy vegetables, grain or fruit.

### Starchy vegetables:

Beans: Black/Kidney/ Pinto/ Lima  
Corn  
Lentils  
Parsnips  
Peas: Green/ Black-eyed  
Potatoes: Sweet/Yam/ White  
Squash: Acorn/Butternut/Pumpkin  
Soy: Edamame/Tofu

### Grains/Grain Products:

Bread: Whole grain, high fiber  
Cereal: Whole grain, high fiber dry or cooked  
Brown Rice  
Quinoa  
Pasta: Whole grain

### Fruit choices:

1 small piece of whole fruit  
½ Cup sliced fresh fruit  
½ Cup fruit canned/frozen, no added sugar

## PROTEIN: Fill ¼ of your plate (one small section).

### MEAT (animal protein)

#### Lean Poultry:

Skinless chicken or turkey (white meat preferred)  
90% Lean Ground chicken / turkey breast  
Lean deli chicken or turkey\*  
Eggs/egg whites/egg substitute

#### Lean Beef:

Sirloin or Tenderloin  
90% lean Ground beef  
Round Steak/Roast  
Lean deli roast beef\*

#### Fish/Seafood:

Tuna*	Scallops/Shrimp
Salmon	Crab*
Cod	Lobster*
Tilapia	Halibut
Catfish/Swai	Sole
Sardines*	Grouper

#### Dairy:

Cheese (low fat)\*  
Fat Free Milk  
Low fat cottage cheese\*  
Yogurt: Low fat low sugar. Greek Yogurt have 2X the protein

#### Lean Pork:

Tenderloin  
Center cut  
Pork chops, trim visible fat  
Canadian bacon\*  
Lean deli ham\*

#### MEATLESS (plant protein)

Beans, starchy: black/kidney/pinto/lima  
Lentils  
Peas  
Veggie burger  
Soy: edamame, tofu

\* Higher sodium/less healthy option