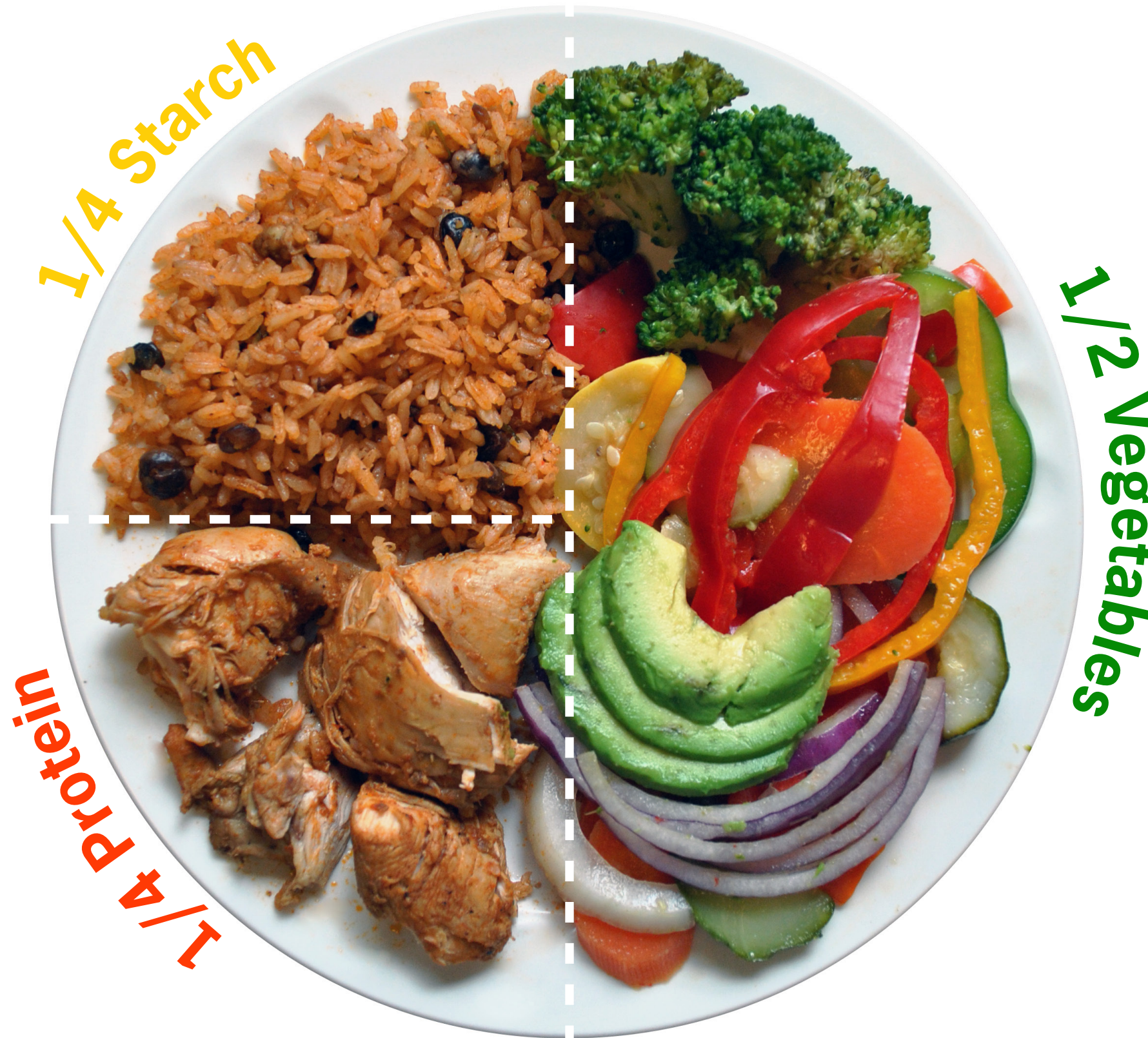


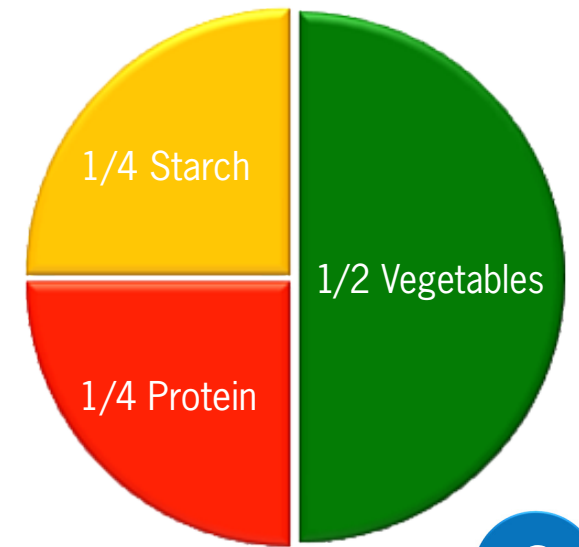
My Healthy Plate



Water is the best drink for you.



Plan the portions on your plate.



Fruit or Dairy

Ask your nutritionist if you should eat fruit or dairy with your meals.



www.institute.org

FOLLOW US   

My Meal Planner: Portion Sizes

Pick 1 starch = 1 cup

Breakfast



Cereal



Wheat bread (1-2)



Oatmeal



Mangu



Plantain



Saltines (5)

Lunch or dinner



Casabe (1/2 piece)



Fried plantains



Rice (white or brown)



Potato salad



Yam (1 medium)



Mashed potatoes



Cassava



Yautia



Green bananas



Pasta

Pick 2 or more vegetables = 2 cups



Tomato



Red pepper



Beets



Cabbage



Eggplant



Cucumber



Broccoli



Lettuce



Green beans



Okra



Onion



Cauliflower



Chayote



Pumpkin



Carrot

Pick 1 protein = 4 ounces

Breakfast



Boiled egg



Nut butter (1-2 tbsp)



Low-fat cheese (2 ounces)



Nuts (1/4 cup)



Plain Greek yogurt



Plain cottage cheese

Lunch or dinner



Beans (1/2 cup)



Lean steak



Chicken



Pork



Fish

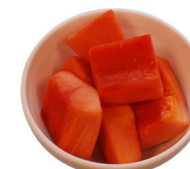
Ask your nutritionist if you should eat 1 fruit or 1 dairy product.



Banana



Mango



Papaya



Pineapple



1% milk



Plain or light yogurt

