The Plate method is a convenient way to make sure you are eating proper portion sizes without having to count anything or read long food lists. All you need is a 9" plate!
<table>
<thead>
<tr>
<th>Starch:</th>
<th>Protein:</th>
<th>Non-Starchy Vegetables:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starchy Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>o Corn</td>
<td>Meats</td>
<td>Carrots</td>
</tr>
<tr>
<td>o Green peas</td>
<td>Poultry</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>o Potatoes (includes yams/sweet potato)</td>
<td>Pork</td>
<td>Celery</td>
</tr>
<tr>
<td>o Winter squash (acorn, pumpkin)</td>
<td>Turkey</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Beans/Lentils</td>
<td>Veal</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Breads, tortillas, rolls</td>
<td>Fish</td>
<td>Onions</td>
</tr>
<tr>
<td>Bagels</td>
<td>Cheese</td>
<td></td>
</tr>
<tr>
<td>English muffin</td>
<td>Cottage Cheese</td>
<td></td>
</tr>
<tr>
<td>Waffles/pancakes</td>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td>Cereals</td>
<td>Nuts and nut butters</td>
<td></td>
</tr>
<tr>
<td>Pasta, rice and grains</td>
<td>Soy and other plant based meat alternatives</td>
<td></td>
</tr>
<tr>
<td>Crackers, pretzels, chips</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LET’S CREATE A MEAL!

**BREAKFAST**

- English muffin
- Oatmeal
- Bread
- Egg
- Natural nuts or nut butters
- Cottage Cheese

**STARCH**

Whole grain tends to have more fiber and nutrients.

Low fat proteins are better for your heart and waistline.

Pick ¼ of your plate from starch, ¼ from protein and combine with a small piece of fruit or some veggies. An example would be a spinach omelet.

**PROTEIN**

**BREAKFAST**

- Low fat proteins are better for your heart and waistline.
- Whole grain tends to have more fiber and nutrients.

**LUNCH & DINNER**

- Peas
- Corn
- Yams/Potatos
- Rice
- Chicken
- Fish
- Tofu
- Nuts or nut butters
- Lettuce
- Broccoli
- Carrots
- Cucumber
- Okra
- Tomatoes
- Rice

Some vegetables/plant based foods have starch which belong on this side of the plate (peas, corn, beans).

Fill your plate with more than one vegetable to offer variety.

Try to bake, broil, or steam protein instead of frying.

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