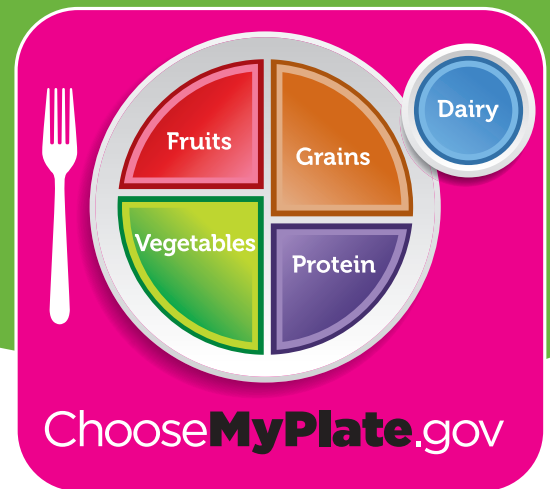


# What's on Your Plate?

## Make healthy food choices with ChooseMyPlate

ChooseMyPlate is a set of nutritional guidelines to encourage all of us to make smart choices from each food group, find balance between food and physical activity and get the most nutrition out of calories while staying within a healthy calorie range each day.



### Important ChooseMyPlate Recommendations:

#### Balance Calories -- Find out how many calories you need each day to help manage your weight.

- **Enjoy food but eat less.** Take your time to fully enjoy your food. Pay attention to hunger and fullness cues before, during and after meals.
- **Avoid oversized portions.** Use a smaller plate, bowl and glass. When eating out, share a dish or take half of the meal home.

#### Eat More of These Foods

- **Make half your plate fruits and vegetables.** Choose colorful fruits and vegetables to include more healthy nutrients with your meals. Buy seasonal fruit and vegetables for maximum flavor at lower cost.
- **Make at least half your grains whole grains.** Substitute a whole grain product for a refined product to include more fiber with your meals. Whole grains may also help maintain a healthy weight, blood sugar levels and heart health.
- **Switch to low-fat or fat-free milk.** These are rich in calcium and other nutrients and have fewer calories and saturated fat than whole milk. If you can't tolerate milk, there are several milk alternatives such as soy milk, almond milk and rice milk. Make sure they are unflavored and fortified with calcium.

#### Eat Less of These Foods

- **Choose low-sodium foods.** Most sodium in our diet comes from processed foods. Use the nutrition facts label to see sodium content and choose lower sodium versions.
- **Cut back on foods high in fat and sugar.** Make high fat foods and high sugar foods such as fatty meats, desserts and sweetened drinks occasional treats and not everyday foods.
- **Drink water instead of sugary drinks.** Many calories lacking healthy nutrients come from sugary drinks such as soda, energy drinks and coffee drinks. You can cut hundreds of calories a day by drinking water instead.

# Building a healthy meal plan using ChooseMyPlate

Recommended servings from each food group for a 2,000 calorie daily food plan:

Vegetables	Fruits	Grains	Dairy	Protein	Oils
2 ½ cups	2 cups	6 ounces	3 cups	5 ½ ounces	5 teaspoons per day

What counts as 1 cup?	What counts as 1 ounce?	What counts as 1 cup?	What counts as 1 ounce?	What counts as 1 teaspoon?
<ul style="list-style-type: none"> <li>1 cup of raw or cooked vegetables</li> <li>2 cups of leafy greens</li> <li>1 cup 100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>1 cup raw or cooked fruit</li> <li>½ cup dried fruit</li> <li>1 cup 100% fruit juice</li> <li>Medium size whole fruit</li> </ul>	<ul style="list-style-type: none"> <li>1 slice of bread</li> <li>1 oz ready-to-eat cereal</li> <li>½ cup cooked cereal, pasta or rice</li> <li>1 pancake (5")</li> </ul>	<ul style="list-style-type: none"> <li>1 cup milk or soy milk</li> <li>1 cup yogurt</li> <li>1 ½ oz of cheese</li> </ul>	<ul style="list-style-type: none"> <li>1 tsp vegetable oil</li> <li>1 ½ tsp mayo</li> <li>2 tsp. salad dressing</li> </ul>

Choose a variety of colors

Choose a variety of colors

Make half your grains whole

Choose low-fat or fat-free

Choose lean sources of protein

Use vegetable oils rather than solid fats

## Sample meal plan using the recommended servings of a 2,000 calorie daily food plan:

Breakfast:	Lunch:	Dinner:	Snacks:
<ul style="list-style-type: none"> <li>1 cup ready-to-eat whole grain cereal (1 oz grain)</li> <li>1 cup fat-free milk (1 cup dairy)</li> <li>1 medium banana (1 cup fruit)</li> </ul>	<ul style="list-style-type: none"> <li>Tuna salad sandwich</li> <li>2 slices rye bread (2 oz grain)</li> <li>2 oz tuna (2 oz protein)</li> <li>1 ½ tsp mayo (1 tsp oil)</li> <li>Mixed Salad (1 ½ cup vegetable)</li> <li>2 cups leafy greens</li> <li>½ cup chopped tomato</li> <li>Dressing</li> <li>1 tbsp olive oil (3 tsp)</li> <li>2 tbsp vinegar</li> <li>1 cup low-fat yogurt (1 cup dairy)</li> </ul>	<ul style="list-style-type: none"> <li>3 oz roasted chicken (3 oz protein)</li> <li>1 cup steamed broccoli (1 cup vegetable)</li> <li>½ cup cooked brown rice (1 oz grain)</li> <li>1 whole wheat roll (1 oz grain)</li> <li>1 tsp tub margarine (1 tsp oil)</li> </ul>	<ul style="list-style-type: none"> <li>1 oz unsalted almonds (1 oz protein)</li> <li>1 medium apple (1 cup fruit)</li> <li>5 whole wheat crackers (1 oz grain)</li> <li>1 ½ oz low-fat cheese (1 cup cheese)</li> </ul>

**Beverages:** Choose water, unsweetened teas or low sugar beverages

For more information on nutrition services offered by the Katz Institute for Women's Health, please call (516) 881-7060 or email [womensnutrition@nshs.edu](mailto:womensnutrition@nshs.edu).