

Creating a Healthy Plate



CREATING A HEALTHY PLATE

The plate method can help you portion your food in a healthier way and make meal planning easier.

- Use the plate method when you cook at home or go out.
- It can help you eat more plant-based foods that are linked to good health.
- Portions are based on a small dinner plate.

What is the plate method?

Fill one-quarter of your plate with a **healthy protein source:**

- Beans
- Chicken
- Fish
- Lentils
- Peas
- Tofu

Fill one-quarter of your plate with a **healthy grain or starch:**

- Barley
- Brown rice
- Bulgur
- Corn
- Corn tortillas
- Farro
- Peas
- Potatoes
- Quinoa
- Whole-grain bread
- Whole-wheat pasta
- Whole-wheat tortilla

Fill half of your plate with **non-starchy vegetables:**

- Broccoli
- Cabbage
- Carrots
- Collard greens
- Green peppers
- Kale
- Onions
- Romaine lettuce
- Spinach
- Tomatoes
- Zucchini

For good nutrition also choose each day:

- 3 fruit servings. A serving is a small piece or 1 cup of berries or melon.
- 2 to 3 cups of nonfat or low-fat milk or yogurt, or almond or soy milk without sugar.
- A small amount of healthy fats, such as extra virgin olive oil, a small handful of nuts, or a slice of avocado.

TRY THESE HEALTHY PLATES

Salmon with broccoli, carrots, and brown rice



+



Chicken with carrots, green beans, and corn



+



Chicken with nopales and Spanish brown rice



+



Grilled white fish with cabbage, salsa, and corn tortillas



+



Chicken with Chinese cabbage, snap peas, carrots, and brown rice



+



Black-eyed peas with collard greens and yams



Black beans with zucchini, summer squash, red peppers, onions, and quinoa



+



Black beans with zucchini, summer squash, red peppers, onions, and corn tortillas



+



CREATE YOUR OWN PLATE

Now try creating your own healthy plate. Look at each section and write down your favorite choices. What kind of protein foods do you like? What are your favorite grains or starches? What non-starchy vegetables do you enjoy?

Healthy Protein

Healthy Grain or Starch

Non-starchy Vegetables

For more information on healthy eating, go to kp.org/nutrition.

