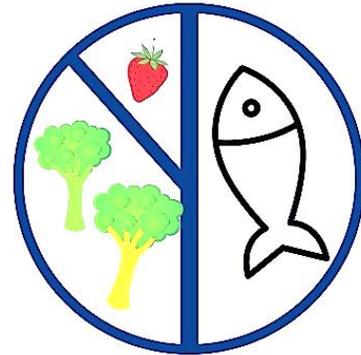
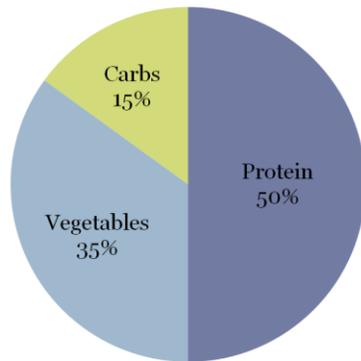


Healthy Plate Balance



LEAN PROTEIN SOURCES (~50% OF MEAL or 2-5 oz)

<p>Beef ≥ 90% lean ground beef Roast (rib, chuck, rump) Steak (t-bone, cubed, flank, porterhouse, sirloin, round, sirloin, tenderloin)</p>	<p>Dairy sliced cheese string cheese hard cheese shredded cheese cottage cheese</p>	<p>Eggs 1 whole egg 2 egg whites 1/4 c egg substitute <i>Prepared anyway</i> Each of the above = 1 oz</p>
<p>Fish/Shellfish catfish, cod, clams, crab, flounder, haddock, halibut, lobster, salmon, sardines, scallops, shrimp, oysters, tilapia, trout, tuna</p>	<p>Game duck pheasant venison buffalo ostrich</p>	<p>Deli Meats/Processed Meat turkey, roast beef, ham, roasted chicken low-fat hot dogs turkey/chicken sausage & bacon beef/turkey jerky</p>
<p>Pork center loin chop pork tenderloin lean ham Canadian bacon</p>	<p>Poultry skinless turkey/chicken ≥ 90% lean ground turkey/chicken chicken/turkey sausage dark meats in moderation</p>	<p>Soy & Beans <i>(higher in starch - use in moderation)</i> beans (black, black-eyed peas, garbanzo, kidney, pinto, split, etc.) edamame, tofu</p>

NON-STARCHY VEGETABLES (~30-50% OF MEAL or ½ to 2 cups)

artichoke asparagus green Beans beets broccoli Brussels sprouts cabbage carrots cauliflower	celery collard greens cucumber eggplant greens jalapeños leeks lettuce mushrooms okra	onions peppers radishes salad greens snow peas spinach summer squash (yellow & zucchini) tomato (fresh or canned) turnips
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**starchy vegetables to avoid: potatoes, sweet potatoes, green peas, corn, butternut squash, acorn squash

HEART HEALTHY FATS (0-2 servings per meal)

avocado- 1/8 OR 1/4 cup oils (olive, canola, peanut, corn, safflower, soybean)- 1 tsp olives- 8 black, 10 green stuffed peanuts- 10 nuts peanut butter/almond butter- 2 tsp almonds- 6 nuts walnuts- 4 halves pecans- 4 halves pistachios- 16 nuts	butter (stick/tub) - 1 tsp mayo, regular- 1 tsp mayo, reduced fat- 1 tbsp pumpkin seeds- 1 tbsp sunflower seeds- 1 tbsp salad dressing, regular- 1 tbsp salad dressing, reduced fat- 2 tbsp hummus- 2 tbsp
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COMPLEX CARBOHYDRATES (<15% of meal or ≤ 1/3 cup per meal)

FRUIT	DAIRY	BEANS & LEGUMES
apple apricots banana blackberries blueberries cantaloupe cherries fruit cocktail (light syrup) grapefruit grapes honeydew melon kiwi	Milk: cow, light soy, cashew almond, coconut or lactose-free Yogurt: Greek yogurt has more protein; keep carbohydrates <15g; regular fat (not low-fat) will improve satiety	black black-eyed peas garbanzo kidney navy pinto split white

**starchy vegetables

CONDIMENTS, HERBS, SPICES, FREEBIES

broth cacao (powder/nibs) flavored extracts garlic ginger herbs & spices, all, fresh or dried horseradish hot/pepper sauce	lemon and lime juice liquid amines miso mustard salsa (no sugar added) soy sauce vinegars, unsweetened	dill pickle* sugar free popsicles* sugar free jello* *limit to no more than 2 per day*
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