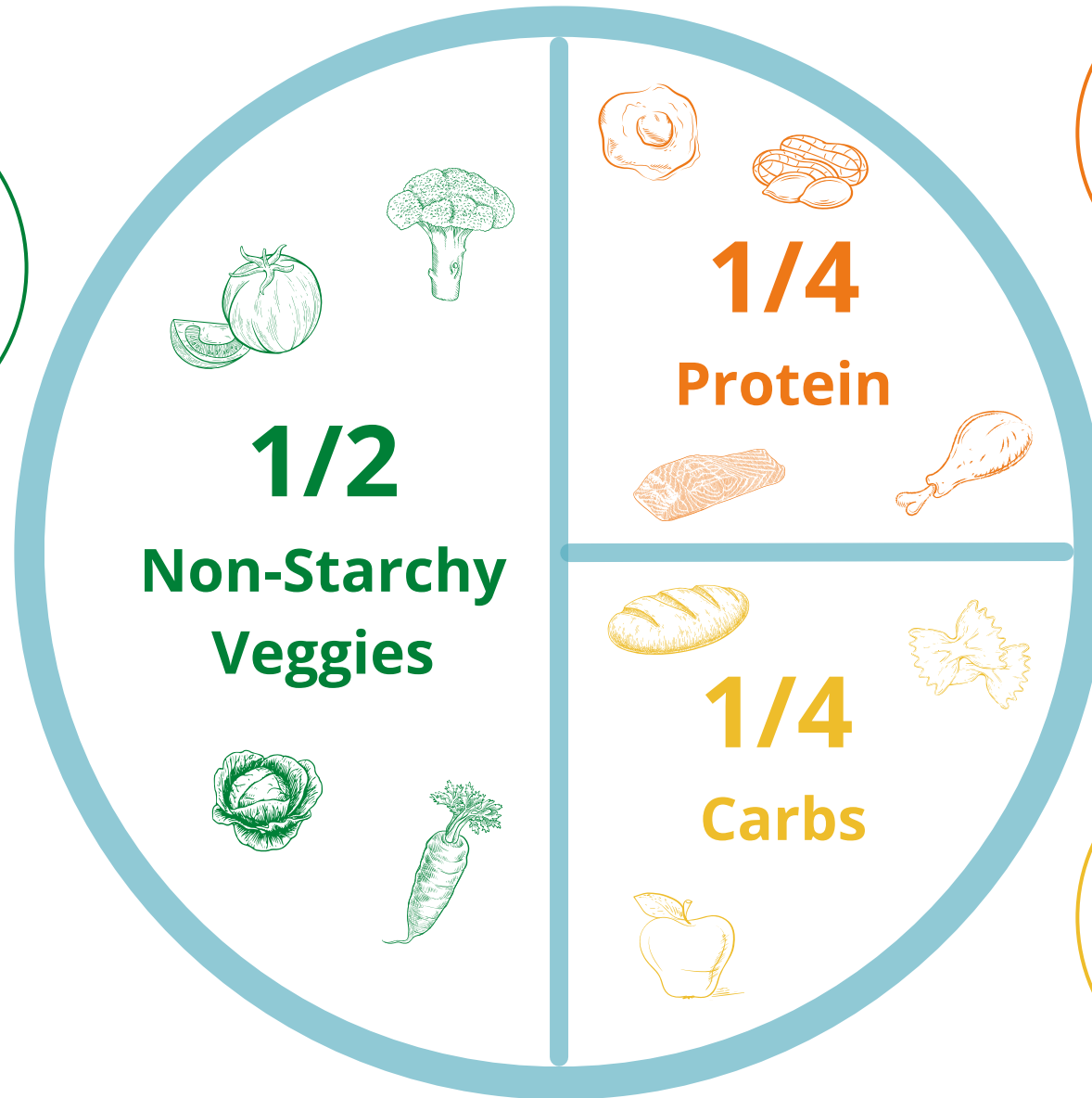


Plan Your Plate

Tip: Try different colors of vegetables for a variety of nutrients.



Tip: Choose lean (low-fat) protein most of the time.

Tip: Aim for 2 grams or more of fiber per serving for grain products..

Plan Your Plate

Non-Starchy Veggies

Protein

Carbohydrate

Alfalfa sprouts
Artichoke
Asparagus
Baby corn
Bamboo shoots
Bean sprouts
Beets
Bok choy
Brussels sprouts
Broccoli
Broccoli rabe
Cabbage
Carrots
Cauliflower
Celery
Chayote
Cucumber
Daikon
Eggplant
Greens
Green beans
Green onions
Hearts of palm
Italian beans
Jalapeno

Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Okra
Onions
Peppers
Radishes
Rutabaga
Salad greens
Sauerkraut
Shallots
Spaghetti squash
Snow peas
Spinach
Sugar snap peas
Summer squash
Swiss chard
Tomatillos
Tomato
Turnips
Water chestnuts
Watercress
Zucchini

Almond butter
Almonds
Bacon
Beef
Black beans
Cannellini beans
Cashews
Catfish
Cheese
Chia seeds
Chicken
Chickpeas
Cod
Cottage cheese
Crab
Edamame
Eggs
Greek yogurt
Halibut
Hemp hearts
Hummus
Kidney beans
Lamb
Lentils
Lobster

Nutritional yeast
Peanut butter
Peanuts
Pecans
Pine nuts
Pinto beans
Pistachios
Pork
Pumpkin seeds
Quinoa
Refried beans
Ricotta cheese
Salmon
Sardines
Scallops
Shrimp
Steak
Sunflower seeds
Tempeh
Tofu
Tuna
Turkey
Tilapia
Walnuts
Whey powder

Acorn squash
Bagel
Baked beans
Biscuit
Bread
Butternut squash
Cornbread
Cow's milk
Cereal
Chips
Corn
Couscous
Crackers
Cream of wheat
Croutons
Dumplings
Dinner roll
English muffin
French fries
Fruit (any)
Grains (any)
Granola
Granola bar
Grits
Hamburger bun

Hominy
Juice
Matzo ball
Muffin
Naan
Oatmeal
Pasta
Pancake
Pita
Pizza crust
Peas
Plantain
Polenta
Popcorn
Potatoes
Pretzels
Rice
Soy milk
Stuffing
Sweets/desserts
Sweet potatoes
Tortilla
Waffle
Yams
Yogurt (regular)