

# BUILDING A HEALTHY PLATE

START WITH THE RIGHT-SIZED PLATE OR BOWL. AN ADULT PLATE SHOULD BE 9 INCHES ACROSS, AND A CHILD'S PLATE SHOULD BE 7 INCHES ACROSS.



Fill  $\frac{1}{4}$  with whole grains or starches.



Fill  $\frac{1}{2}$  with fruits and vegetables.



Fill  $\frac{1}{4}$  with lean protein.



## EAT MORE FRUITS AND VEGETABLES



Fruits and vegetables are a good source of fiber, vitamins and minerals. A healthy diet includes eating fruits and vegetables every day.

### WHAT TO CHOOSE

- A variety of colorful fruits and vegetables such as okra, eggplant, green beans, cantaloupe, bitter melon, oranges, banana, cauliflower, jicama, tomatoes, lettuce, bok choy and cabbage
- Fresh, frozen and canned: Look for canned fruit in its own juice instead of syrup. Choose canned vegetables with low-sodium or no salt added.
- Whole fruit instead of juice: Whole fruit has more fiber and helps you feel full.
- Fruit for dessert. Eat sugary desserts less often.
- Add vegetables to main dishes, soups, stews and sauces.
- Add fruit to hot or cold cereal, yogurt or salads.



## EAT LEAN PROTEINS



Protein provides nutrients and can help you feel full. Lean (low-fat) proteins cooked in minimal fat are better for your heart and waistline. They have less saturated fat, which raises your LDL (“bad”) cholesterol and increases your risk of heart disease.

### WHAT TO CHOOSE

- Fish or shellfish: Choose fresh or frozen fish (such as milkfish and salmon) and seafood (such as mussels) instead of salted or canned to avoid excess sodium.
- Chicken and turkey breasts without the skin, lean cuts of pork
- Plant-based proteins such as beans, including monggo, lentils, chickpeas, nuts and soy products like tofu. Look for low-sodium or no salt added canned beans and rinse before using to remove excess sodium.
- Eggs



## GO FOR WHOLE GRAINS



The dietary fiber in whole grains can make you feel full longer and can lower your risk of heart disease. Whole grains should have the word “whole” as part of the first ingredient on the ingredients list.

### WHAT TO CHOOSE

- Brown rice and whole wheat pasta
- 100% whole grain bread, with at least 2 grams of fiber per slice
- Oatmeal: Choose unsweetened and flavor with fresh fruit.



### HEALTHY COOKING TIPS

- Use less salt: Season with herbs and spices such as ginger, garlic, bay leaf, rosemary, turmeric, cumin, black pepper, cloves, coriander, vinegars, lime and lemon juice. Use reduced-sodium stock, fish sauce and soy sauce.
- Use healthy oils: Choose vegetable, canola, soybean, peanut or olive oil instead of butter or lard. Sauté, grill, steam or bake foods instead of frying.
- Use low-fat milk products: Cook with low-fat yogurt, buttermilk and fat-free evaporated milk instead of heavy creams and coconut milk.

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