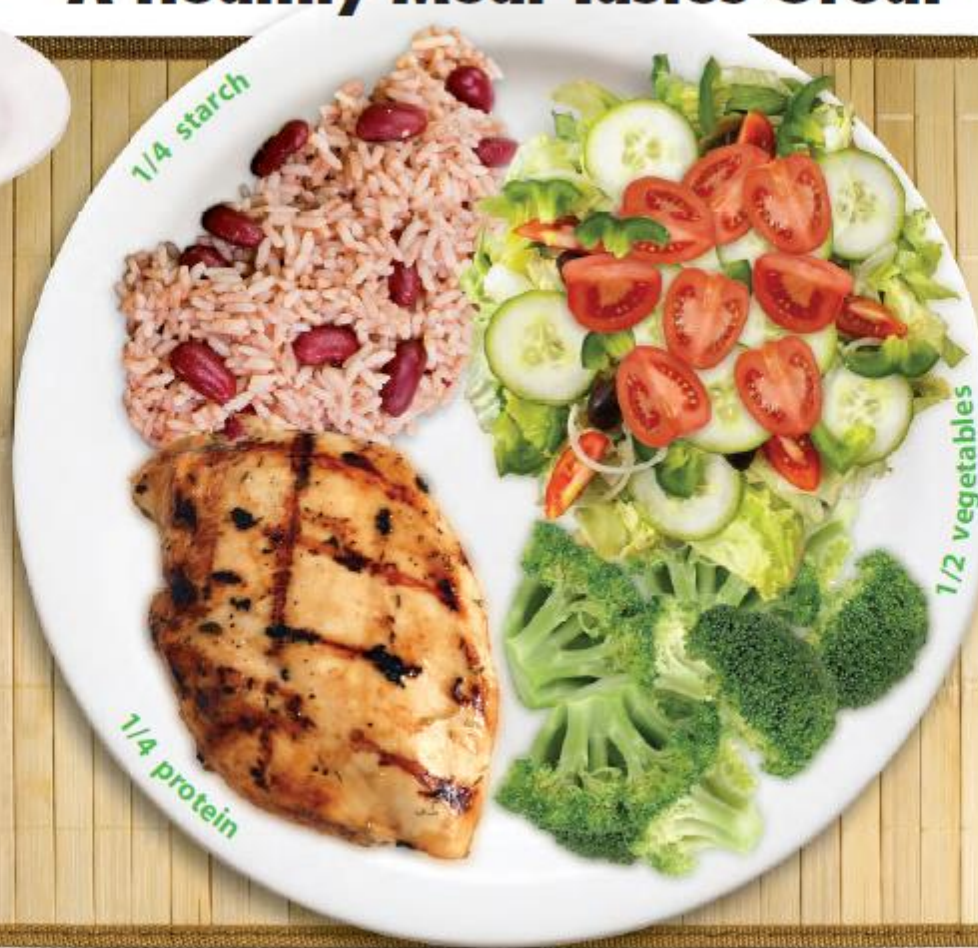


My Plate Planner

A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



NYC
Health

1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate



**TAKE
CARE
NEW YORK**

NYC HEALTH

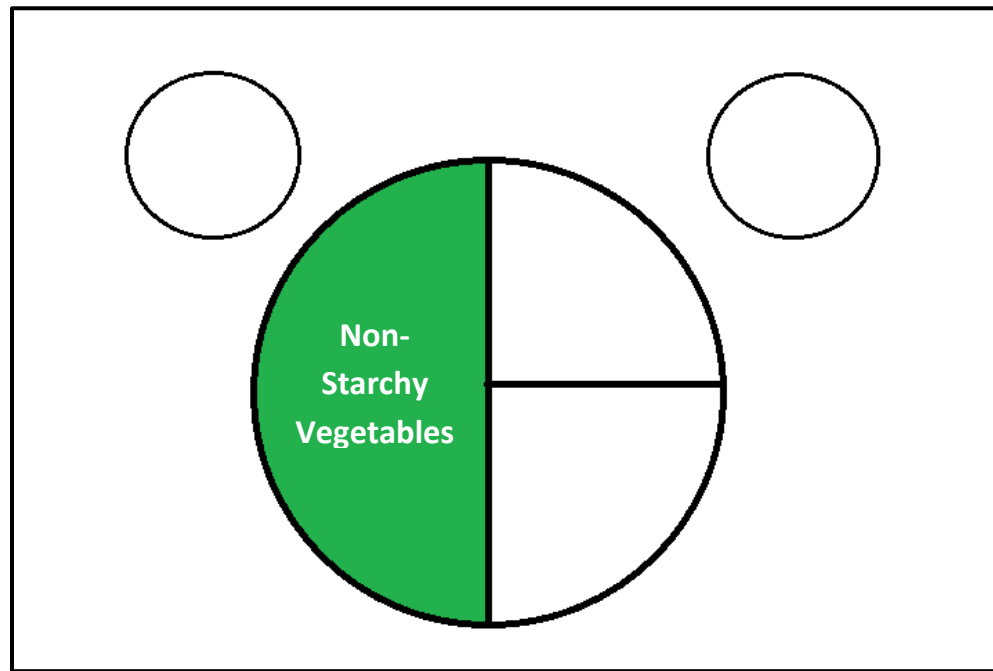
Created by:

Bethany Pavesi MS, RD, LDN

Maria Mercedes Villar, RD, LDN, CSOWM

Simple Steps to Meal Planning for Weight Loss and Diabetes Management

1. Choose a smaller plate. Try a 9 inch sized plate.
2. Divide your plate in half.
3. Divide one side of your plate into 2 quarter sections.
4. Fill half of your plate with a variety of colorful non-starchy vegetables.
5. Fill quarter of your plate with lean protein foods.
6. Fill the other quarter (or less) of your plate with high fiber starchy foods.
7. Choose healthy fats in small amounts.
8. Use fruit or low-fat dairy as a side item or save for a later snack.
9. Enjoy water or other low-calorie beverages (less than 5 calories) between meals. You can add no-calorie sweeteners, such as Splenda, Stevia or Equal as needed.



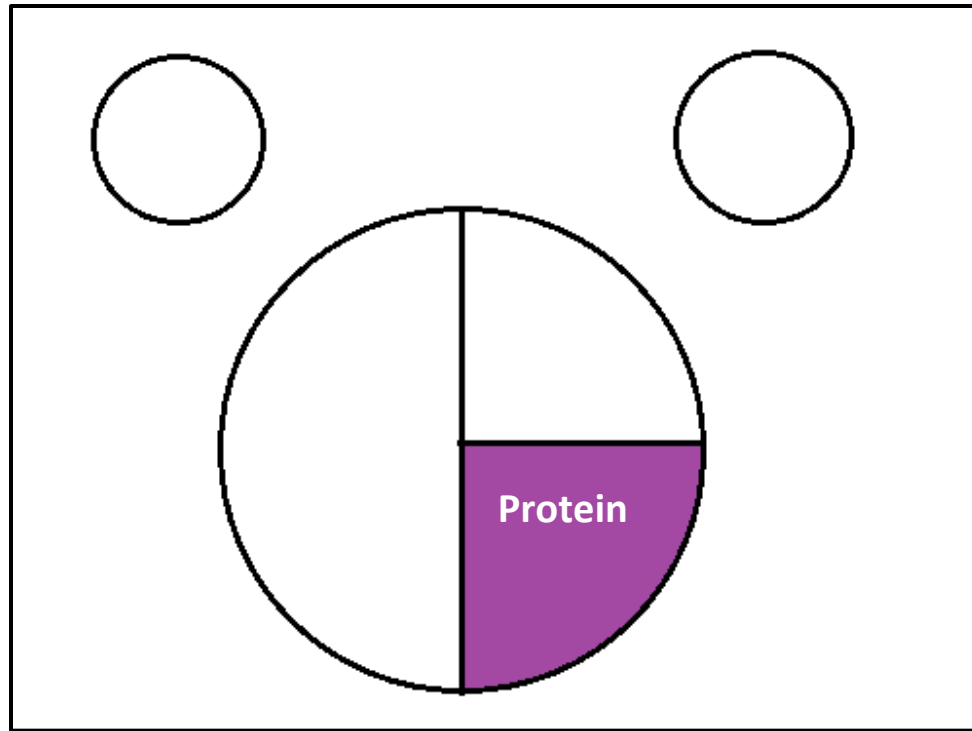
Choosing Non-Starchy Vegetables

Choose fresh, frozen and canned vegetables. If using canned or frozen vegetables, look for ones that say “low sodium” or “no added salt” on the label.

Try to eat **at least 3-5 servings** of vegetables a day. **More is always better!**

Remember to fill up half of your plate with non-starchy vegetables.

<ul style="list-style-type: none">• Artichoke• Asparagus• Green beans• Beets• Brussels sprouts• Broccoli• Cabbage• Carrots• Cauliflower• Celery• Cucumber• Chayote	<ul style="list-style-type: none">• Coleslaw (packaged, no dressing)• Eggplant• Greens (collard, kale, mustard, spinach, swiss chard, turnip)• Hearts of palm• Jicama• Leeks• Mushrooms• Okra• Onions• Peppers	<ul style="list-style-type: none">• Radishes• Rutabaga• Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)• Sprouts• Squash (summer/yellow, zucchini, spaghetti squash)• Sugar snap peas• Tomato• Turnips• Water chestnuts
---	---	---



Choosing Lean Protein Foods

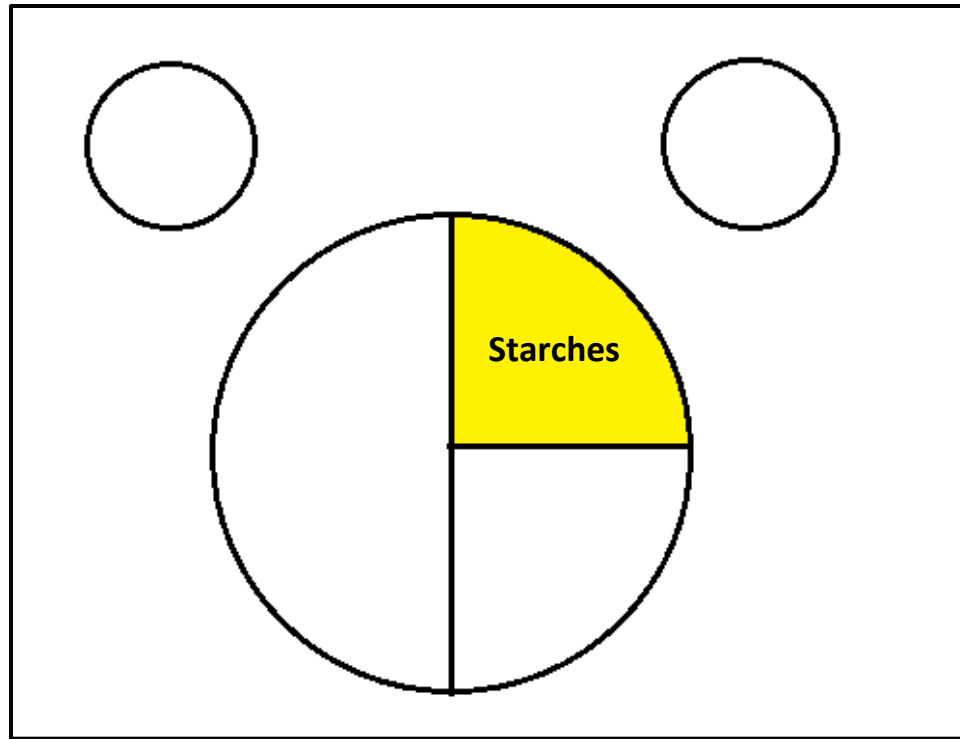
Choose lean, and lower fat options most of the time.

Most people need **6-8 ounces, or the equivalent, of protein foods each day.**

Poultry <ul style="list-style-type: none"> • Skinless Chicken • Skinless Turkey Fish and Seafood <ul style="list-style-type: none"> • Salmon, Trout, Sardines, Albacore tuna, Herring, Mackerel • Other fish (Tilapia, Flounder, Swai, etc.) • Shellfish (e.g. Clams, Crab, Lobster, Scallops, Shrimp, Oysters) 	Beef, Pork, Veal, Lamb <ul style="list-style-type: none"> • Pork: Canadian bacon, center loin chop, ham, tenderloin • Beef: Select or Choice grades trimmed of fat 	Plant-Based Proteins <ul style="list-style-type: none"> • Beans (all types, including refried beans) • Lentils (all types) • Vegetarian “meat” alternatives • Dried Peas (all types) • Edamame • Nuts • Tempeh • Tofu • Soy nuts 	Cheese and Eggs <ul style="list-style-type: none"> • Reduced-fat Cheeses • 1% Cottage Cheese • Part Skim Ricotta Cheese • Whole eggs • Egg whites or egg substitute
--	---	--	---

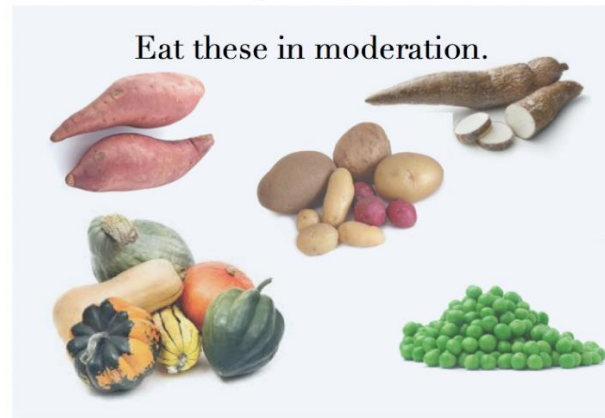
Serving Size Guide

<u>Meat, Poultry, Fish/Seafood</u> 3-4 oz (Fits into the Palm of Hand)	<u>Vegetarian Options</u> ½ cup Beans, Peas, Lentils, Edamame, Tofu ¼ cup Nuts 1 Vegetarian “Burger” Patty	<u>Cheese and Eggs</u> 1 oz sliced or cubes ¼ cup shredded ½ cup cottage cheese ¼ cup ricotta cheese 1-2 eggs; ¼ - ½ cup egg whites
---	---	--



Starchy Vegetables

Eat these in moderation.

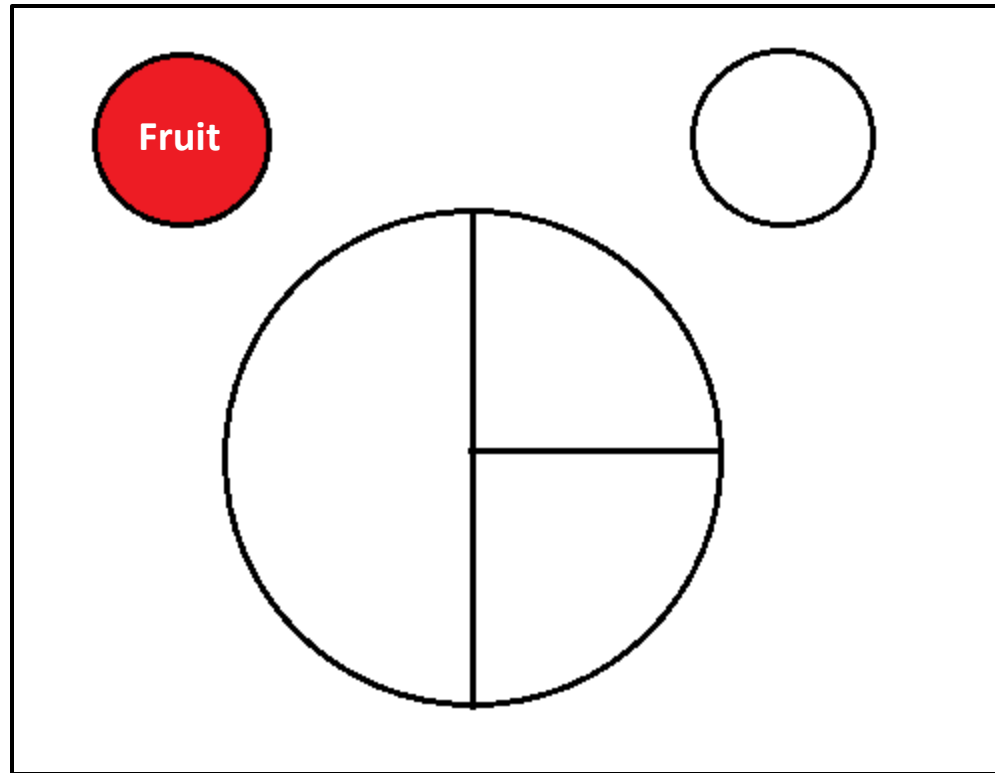


Choosing Whole Grains and Starchy Vegetables

Choose whole grain and higher fiber starchy foods.

If desired, you can fill $\frac{1}{4}$ of your plate with these starchy foods. **Use the serving size guide below.**

100% Whole Grains		Starchy Vegetables	
Whole Grain Bread/Bread Products	Bulgur	• Parsnip	Yucca
Whole Grain Pasta	Oats	• Plantain	Green Banana
Whole Wheat or Corn Tortillas	Whole Grain Rye	• Potato	Malanga
Whole Grain Crackers	Whole Grain Barley	• Sweet Potato	Corn
Popcorn (Natural)	Buckwheat	• Pumpkin	Green Beans
Whole grain corn/corn meal	Millet	• Acorn squash	Butternut squash
Wild rice or Brown rice	Quinoa		
Serving Size Guide			
<ul style="list-style-type: none">- Breads: 1 slice (or 2 slices Light bread)- “Bagel Thins”: 1 unit- Pita: $\frac{1}{2}$ pocket- Cooked Rice/Pasta/Hot Cereals: $\frac{1}{2}$ cup		1 small green banana; $\frac{1}{2}$ plantain Tortilla: 6-8 inch Crackers: 4-5 small Starchy Vegetables: $\frac{1}{2}$ cup	

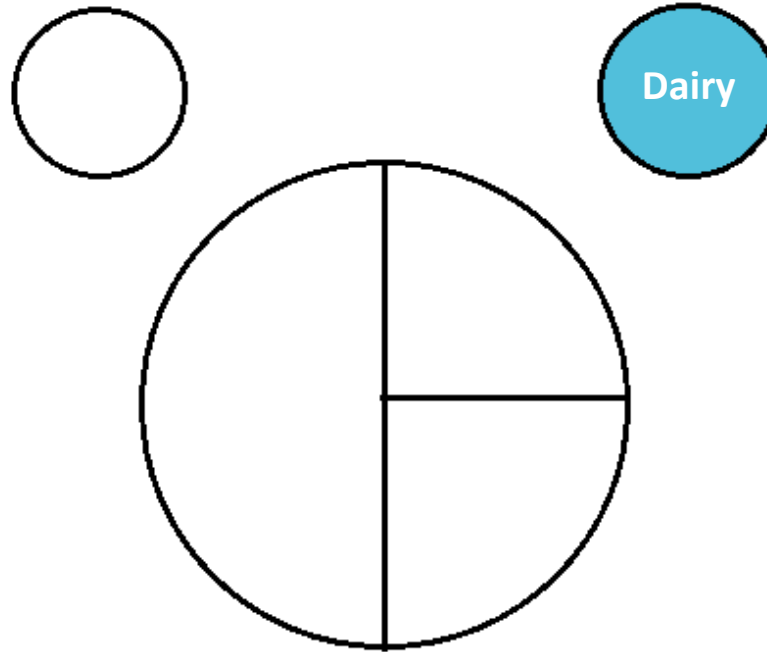


Choosing Fruit

Choose whole fruit, NOT fruit juices/fruit smoothies

Enjoy 2-3 servings of fruit per day. **Use the serving size guide below.**

Fresh Fruit and Frozen Fruit				Canned or Pre-Packaged
Look for no added sugar options:				Look for “ no added sugar ” and “ unsweetened ” choices.
Apples	Apricots	Banana	Blackberries	<ul style="list-style-type: none">• Natural Applesauce• Fruit cocktail• Peaches• Pineapples• Pears
Blueberries	Cantaloupe	Cherries	Grapefruit	
Grapes	Honeydew melon	Kiwi	Mango	
Nectarine	Orange	Papaya	Peaches	
Pears	Pineapple	Plums	Raspberries	
Strawberries	Tangerines	Watermelon		
Serving Size Guide				
<ul style="list-style-type: none">- Apple/Orange/Pear/Nectarine: Small-Medium size- Banana: ½ large banana- Berries (blueberry, strawberry, raspberry): 1 cup- Pineapple/Mango: ½ cup			<ul style="list-style-type: none">- Melon: 1 cup- Grapes: 1 cup- Dried Fruits: 2 tablespoons- Fruit cup: ½ cup	



Choosing Dairy or Non-Dairy Alternatives

Choose low fat, low sugar dairy and non-dairy sources

Enjoy 2-3 servings of dairy per day. **Use the serving size guide below.**

Dairy	Non-Dairy Alternatives
	<i>*Choose Fortified with Calcium and Vitamin D*</i>
1% Milk or Fat Free Milk 1% or Fat Free Lactaid Milk 1% Cottage Cheese Low Sugar Yogurts (<10 grams sugar/serving) Sugar Free Pudding Fat Free Evaporated Milk (canned milk)	Unsweetened Soy Milk Unsweetened Almond Milk Unsweetened Cashew Milk Unsweetened Coconut Beverage
Serving Size Guide	
<ul style="list-style-type: none">- Milk: 1 cup (8 oz)- Cottage Cheese: ½ cup (4 oz)- Sugar Free Pudding: ½ cup (4 oz)- Low Sugar Yogurt: 4-6 oz or single serving container- Evaporated Milk: ½ cup (4 oz)	<ul style="list-style-type: none">- Unsweetened Non-Dairy Milk: 1 cup (8 oz)

Additional Food Choices

Include small amounts of fats/oils as part of your meal plan.

Use **only 1 serving for each meal** because they contain a lot of calories. Use the serving size guide below.

Fats/Oils		Lower Calorie Alternatives
<ul style="list-style-type: none">• Oils (olive, canola, coconut, sunflower, etc.)• Butter• Avocado• Nuts like almonds, cashews, pecans, peanuts, walnuts• Olives• Peanut butter/other nut butters• Sesame and pumpkin seeds• Flax, chia, hemp seeds		<ul style="list-style-type: none">• Light soft (tub) margarine• Fat free plain yogurt• Fat free or light Mayonnaise• Fat free or light Salad dressings• Fat free or light Cream Cheese• Fat free or light Sour cream• Salsa
Serving Size Guide		
<ul style="list-style-type: none">- Avocado: ¼ of medium size- Nuts: ¼ cup or less- Seeds: 1-2 tablespoons- Nut butter: 1 tablespoon- Butter: 1 tablespoon- Oils: 1 tablespoon- Olives: 8-10		<ul style="list-style-type: none">- Fat free or Light Margarine: 1-2 tablespoons- Fat free or Light Cream Cheese: 2 tablespoons- Fat free or Light Mayonnaise: 2 tablespoons- Fat free or Light Sour Cream: 2 tablespoons- Fat free or Light Salad Dressing: 2 tablespoons

Sample Day Menu Plan

Breakfast

Example 1: boiled eggs (1-2) + piece of fruit (or slice of whole grain toast)

Example 2: Light Greek yogurt + piece of fruit

Example: Try a High Protein Shake if not eating breakfast

Lunch:

Example 1: Large garden salad + 3 oz grilled chicken or tuna + 6 small whole wheat crackers

Example 2: Garden salad w/ light dressing + turkey and cheese sandwich on thin sliced whole wheat bread

Example 3: Try a High Protein Shake if not eating lunch

Dinner:

Example 1: 2 cups steamed broccoli + 4 oz baked salmon/fish + ½ cup brown rice (or rice alternative)

Example 2: 2 cups green beans + 3-4 oz lean beef roast + small baked sweet potato

Example 3: Large vegetable salad w/ light dressing + 3-4 oz baked chicken + ½ of a boiled/baked plantain

1-2 Snacks Per Day:

Example 1: String Cheese

Example 2: Raw veggies/piece of fruit

Example 3: Light yogurt (80-100 calories)

Example 4: Small handful of nuts