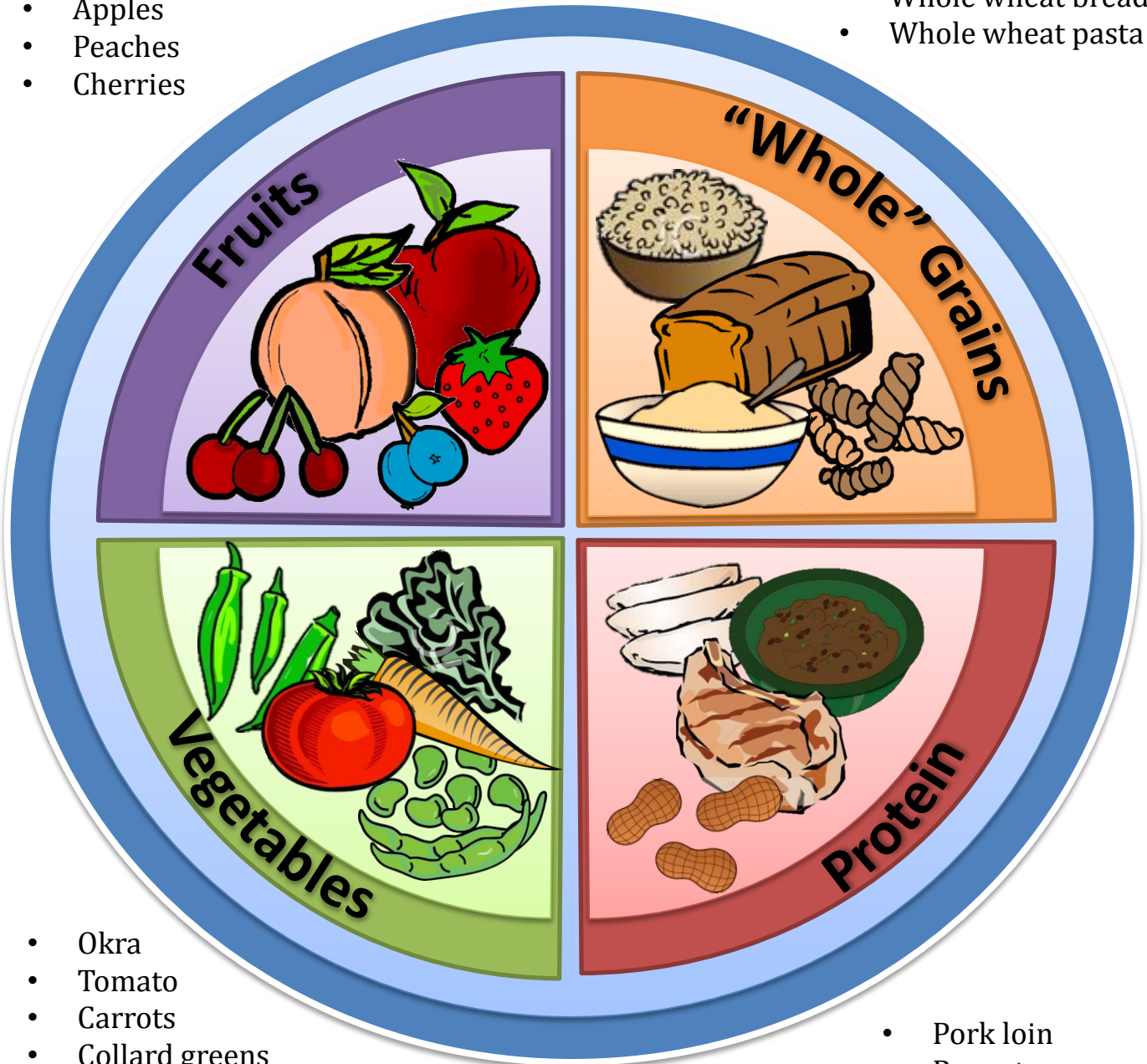


DIET AND NUTRITION

- Strawberries
- Blueberries
- Apples
- Peaches
- Cherries

- Oatmeal
- Brown rice
- Whole wheat bread
- Whole wheat pasta



- Okra
- Tomato
- Carrots
- Collard greens
- Green beans

- Pork loin
- Peanuts
- Black beans
- Skinless chicken

9 INCH PLATE

DIET AND NUTRITION

This plate shows healthy foods in the recommended portions.
The items in bold font are pictured on the other side of this handout.



PROTEIN
3 ounces = 1 serving

PROTEIN: skinless chicken, pork loin, peanuts, black beans, salmon, egg whites, tuna, shrimp, almonds, hazelnuts, sunflower seeds, peanut butter, pistachios, walnuts, lentils, garbanzo beans, hummus, pork loin, pork chops, cod fish, halibut.



FRUIT
½ cup = 1 serving

FRUITS: strawberries, apple, peaches, blueberries, cherries, raspberries, blackberries, cranberries, grapefruit, apricots, orange.



VEGETABLES
1 cup = 1 serving

VEGETABLES: collard greens, green beans, okra, tomato, carrots, asparagus, spinach, broccoli, cauliflower, swiss chard, kale, mushrooms, zucchini, bell pepper, artichoke, cucumber, jicama, brussel sprouts, peas, cabbage, celery, onion, salad greens, chayote, summer/spaghetti squash, zucchini, nopales.



WHOLE GRAINS
½ cup = 1 serving

WHOLE GRAINS: oatmeal, whole wheat bread, brown rice, whole wheat pasta, whole wheat bagel, whole wheat pasta, quinoa, buckwheat, peas, corn.



DAIRY
1 ounce = 1 serving

DAIRY: fat free milk, low fat cottage cheese, low fat plain yogurt.

BEVERAGES: AVOID pop, sports drinks like Gatorade, energy drinks, and sweetened coffee or tea.