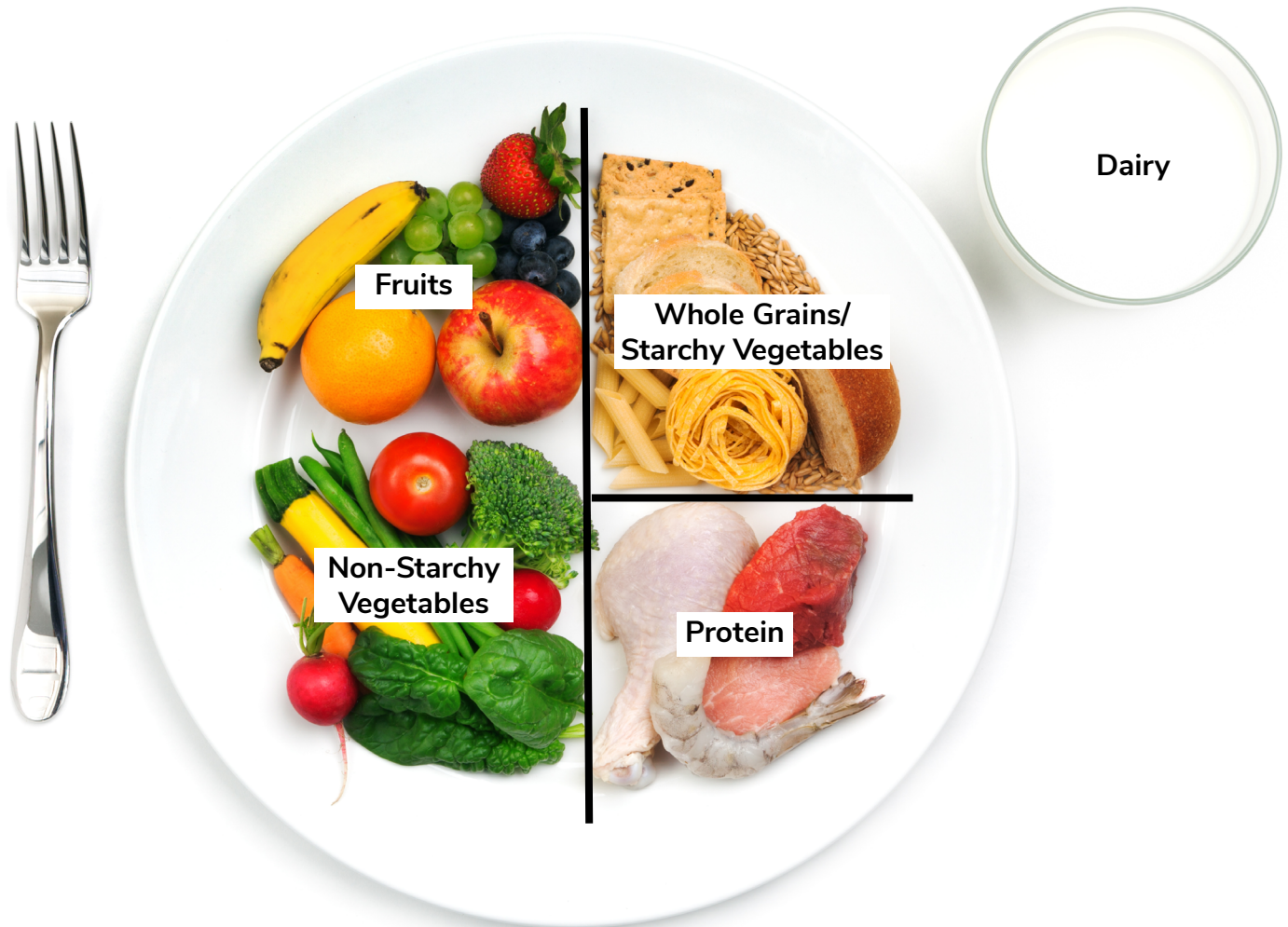


Use Your Plate to Eat Healthy



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER



The Plate Method

The Plate Method is a simple way to guide your eating choices.

Eat at least 3 meals and 1 or 2 (100 to 200 calorie) snacks a day.

At meals, use a 9-inch plate and:

- Fill $\frac{1}{2}$ of the plate with **non-starchy vegetables** and/or **fruits**.
- Fill $\frac{1}{4}$ of the plate with **whole grains** or **starchy vegetables**.
- Fill $\frac{1}{4}$ of the plate with **protein**.

Eat a serving of **fruit** or **dairy** (milk, yogurt) for a snack or add a serving to your meals.

Include **healthy fats**, like olive oil, avocado, nuts, and seeds, with meals and snacks.

Talk to your healthcare provider about meal planning if you have special dietary needs or restrictions.

Food ideas

1. Fill $\frac{1}{2}$ of the plate with **non-starchy vegetables** and/or **fruits**.

- **Non-starchy vegetables** like:

Asparagus



Beets



Bell Peppers



Broccoli



Brussels Sprouts



Cabbage



Carrots



Cauliflower



Green Beans



Mushrooms



Salad Greens



Sugar Snap Peas



Tomatoes



Zucchini



- **Fruits like:**

Apple



Banana



Blueberries



Blackberries



Cantaloupe



Fruit, Canned



Fruit, Dried



Fruit, Juice



Grapes



Orange



Pear



Pineapple



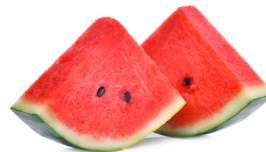
Raspberries



Strawberries



Watermelon



2. Fill $\frac{1}{4}$ of the plate with **whole grains** or **starchy vegetables** like:

Brown Rice



Corn



Naan Bread



Oatmeal



Pancake



Peas



Potato With Skin



Quinoa



Sweet Potato With Skin



Tortilla, 6-inch



Tortilla Chips



Whole Grain Bread



Whole Grain Cereal



Whole Wheat Couscous



Whole Wheat Crackers



Whole Wheat Pasta



3. Fill ¼ of the plate with **protein** like:

Beans



**Beef, Lean Cuts,
Fat Removed**



Cheese, Low Fat



**Cottage Cheese,
Low Fat**



Egg



Fish



Lentils



Nut Butter



Nuts



Pork, Loin Cuts



Poultry, No Skin



Tofu, Soft



Tuna, Canned



Choose low fat dairy products

Eat a serving of dairy for a snack or add a serving to your meals. Healthy choices include milk, lactose free milk, fortified soy milk, and yogurt.

Milk, low fat or fat free



Yogurt (Regular or Greek), Light or Plain



Keep added fats to small amounts

Choose mostly plant-based fats, such as olive oil, avocado, nuts, and seeds.

Limit animal-based fats, such as full fat dairy products (whole milk, heavy cream, butter, full fat yogurt, cheese, cream cheese, ice cream) and red meat (beef, pork, lamb).

Drink sugar free beverages

Beverages sweetened with sugar add too much sugar to our diets if eaten regularly.

Aim for at least 8, 8-ounce glasses of sugar free beverages (water, tea, and coffee) a day.

Drink mostly water, which is sugar free and essential for your body's cells, tissues, and organs.

Water



Tea



Coffee



Sample menu using the Plate Method

Breakfast



Stuffed omelet with tomatoes, red bell pepper, and broccoli with whole wheat toast and berries

Lunch



Low fat chicken salad on lettuce with whole wheat crackers and sugar snap peas, celery, and carrots

Snack



Low fat milk and an orange

Dinner



Lean beef steak, plain baked potato, and broccoli

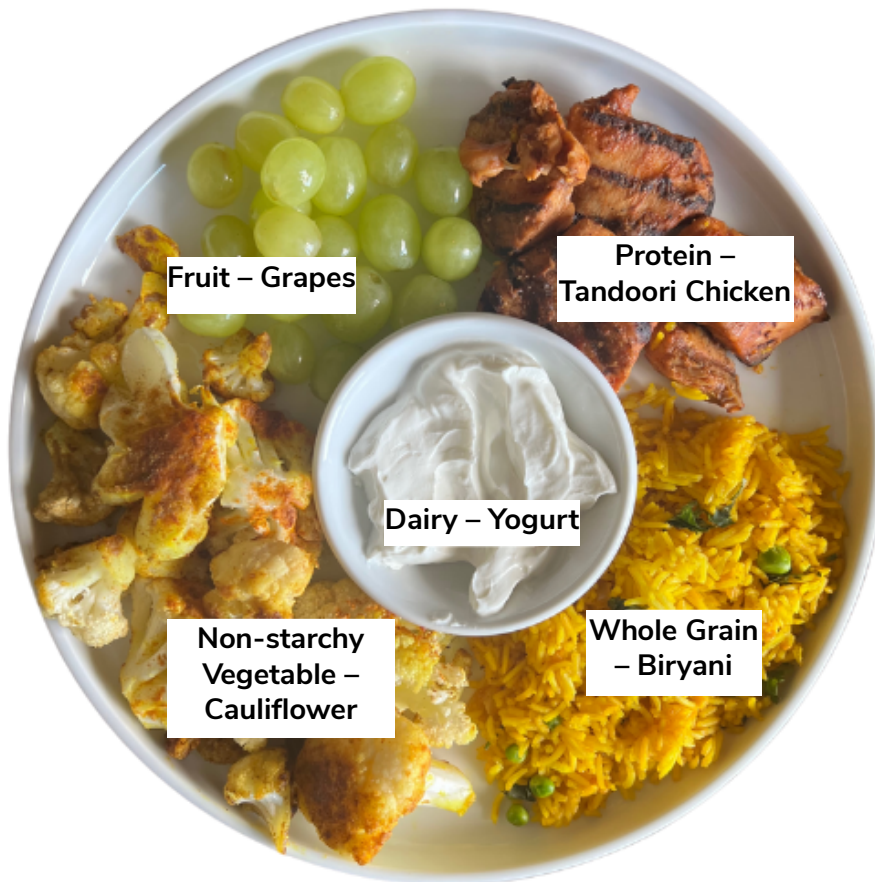
Snack



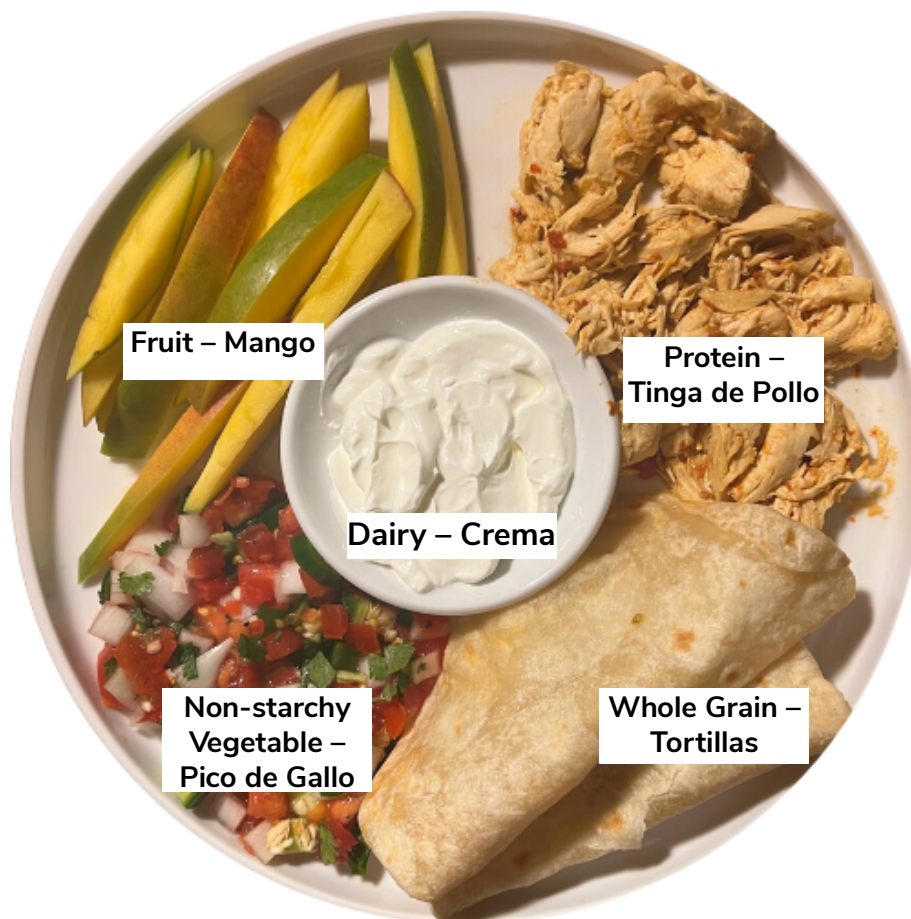
Strawberries and light strawberry Greek yogurt

More meal ideas

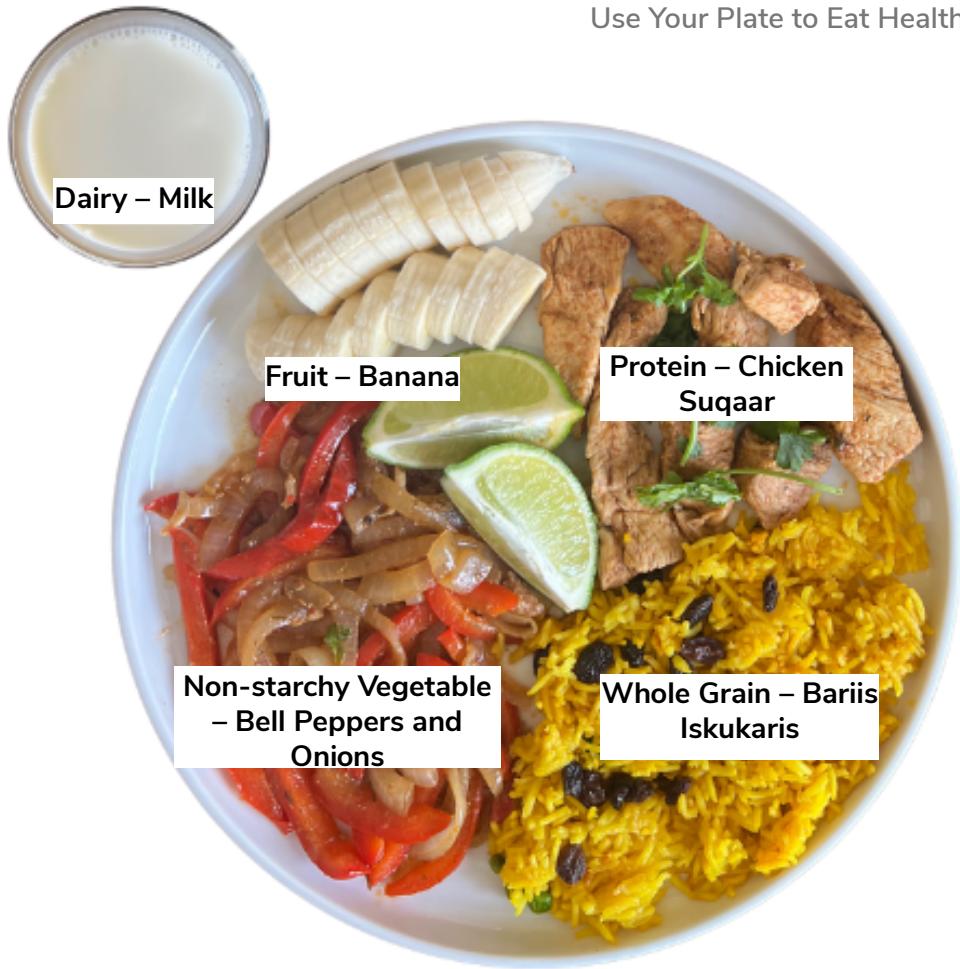
Indian



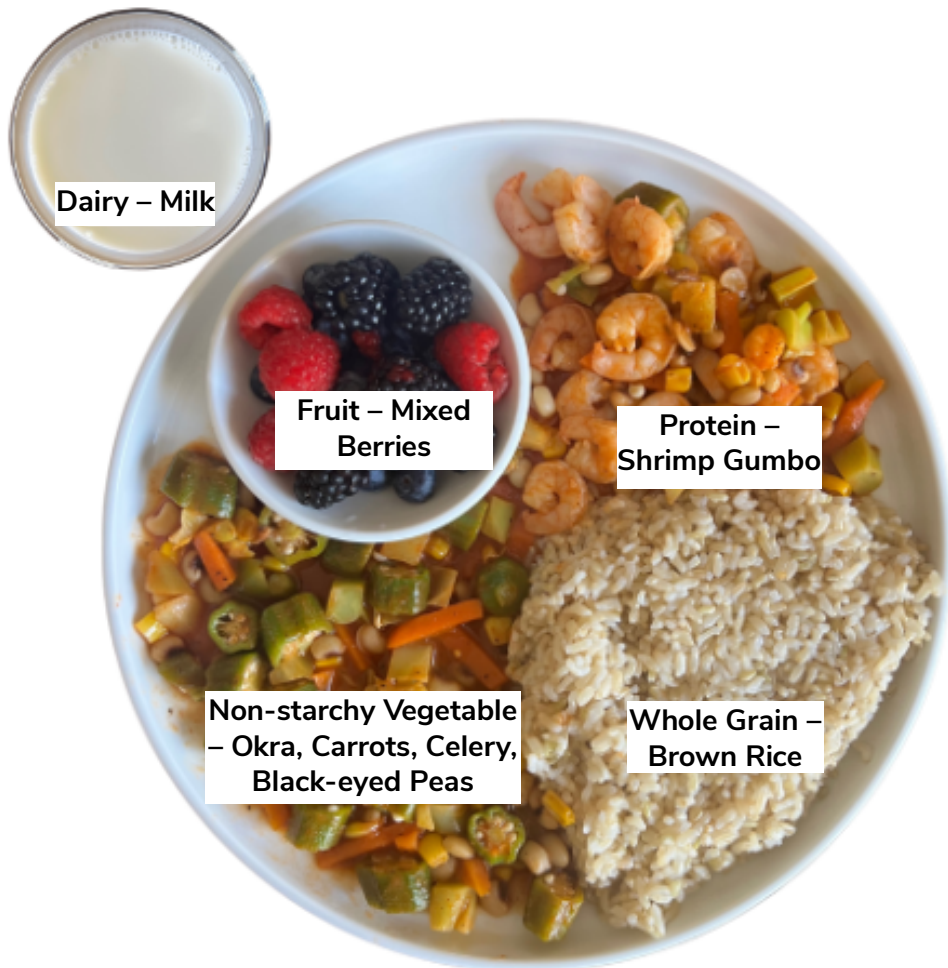
Mexican



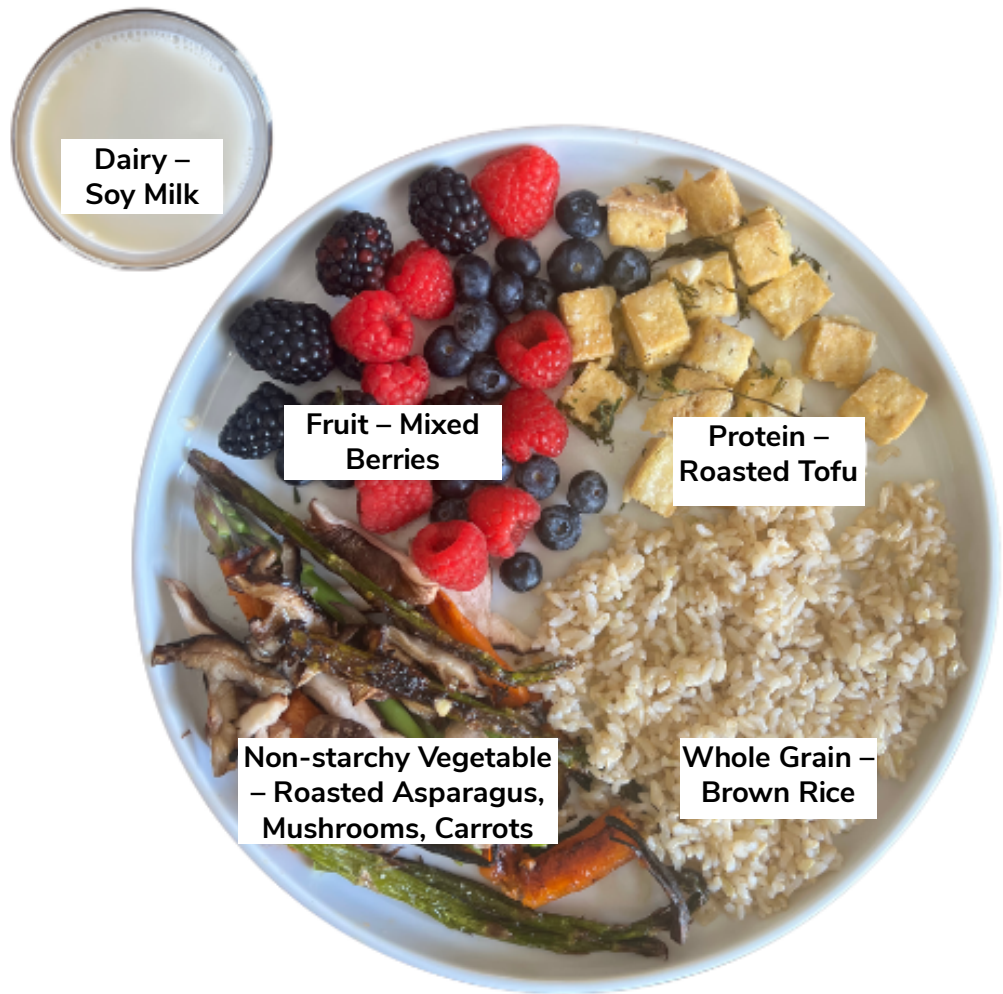
Somalian



Soul Food



Vegan/ Vegetarian



For more information

For more help with meal planning, please visit go.osu.edu/pted5168.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.