

Healthy Plate Model

Make a rule to have only seconds of fruits or vegetables!

Fruits and Non-starchy Vegetables

Include a variety of colors in your diet!



Add low fat dairy sources to your meal

Starches

Consume mostly whole grains!



Starches include potatoes, peas, beans, and corn!

Protein

Include a variety of lean proteins and fish!



Use plant proteins a few times a week such as nuts, beans, seeds, or soy