

The Plate Method

NUTRITION FOR WEIGHT CONTROL



8oz. = 1 cup

Vegetables

Fill ½ of your plate with non-starchy vegetables.



Protein

Fill ¼ of your plate with lean meat or protein.

Carbohydrate

Fill ¼ of your plate with grains or starchy foods.



Select a 9 inch plate and use this guide to help keep your portions in control.

- 1.Reduce portion sizes and calorie intake.
- 2.Eat 3 meals a day with healthy snacks if necessary versus 1-2 meals or constant eating throughout the day.
- 3.Increase fruits and vegetables. Aim for 2-3 cups of vegetables and 1½-2 servings of fruit per day.

1 cup



Baseball

½ cup



Light bulb

⅓ cup



Egg

2 Tbs



Golf ball

1 Tbs



Walnut

1 tsp



Penny

3 oz.



Deck of cards

1 oz.



Four dice

Healthy food choices

<p>Starch 6-8 servings per day</p>	<p>Serving examples:</p> <ul style="list-style-type: none"> • ¼ large bagel • 1 slice bread • ½ pita or English muffin • 1 6-inch tortilla or chapati • ½ cup of beans • ½ cup sweetened cereal • ¾ cup unsweetened cereal • ⅓ cup cooked pasta, rice or couscous • ½ cup cooked cereal • ½ cup peas or corn • 1 small potato (3 oz.) • 4 to 6 crackers • ½ cup sweet potato • 3 graham cracker squares • 3 cups light popcorn • lima beans 			
<p>Fruit 4-5 servings per day</p>	<p>Serving examples:</p> <ul style="list-style-type: none"> • 1 medium apple • ½ medium banana • 1 cup berries • ½ cup grapes • 1 cup melon • 1 small orange • ½ grapefruit • 2 tbsp. raisins • 1 medium pear • ½ cup 100% fruit juice • ½ cup canned fruit (in juice or light syrup) • ½ mango 			
<p>Milk 2-3 servings per day</p>	<p>Serving examples:</p> <ul style="list-style-type: none"> • 1 cup fat-free or 1% milk • 1 cup soy milk • 6-8 oz. plain nonfat yogurt • 6-8 oz light yogurt 			
<p>Vegetable 4-5 servings per day</p>	<p>1 cup raw vegetables or ½ cup cooked vegetables. Examples:</p> <ul style="list-style-type: none"> • broccoli • cucumber • carrots • cauliflower • celery • green beans • peppers • lettuce • ½ cup V-8 or tomato juice • greens (kale, collard, mustard) • tomatoes • asparagus • spinach 			
<p>Protein 6 or less servings per day</p>	<p>Serving examples:</p> <ul style="list-style-type: none"> • 1 oz fish • 1 oz skinless chicken or turkey • 1 oz lean beef, pork, lamb, or veal • ½ cup tofu or beans • 1 egg or 2 egg whites • ¼ cup egg substitute • ¼ cup low-fat cottage cheese • 1 oz low-fat cheese • 2 tbsp. peanut butter 			
<p>Fat and oil 2-3 servings per day</p>	<p>Serving examples:</p> <ul style="list-style-type: none"> • 1 tsp. butter, oil, soft margarine or mayonnaise • 10 peanuts • 6 almonds • 9 cashews • 1 tbsp. cream cheese or salad dressing • 2 tbsp light cream cheese or salad dressing • 1/8 avocado • 1 tsp vegetable oil • 1 slice bacon • 3 tbsp. low-fat sour cream 			
<p>Weight loss tips</p>	<p>Spice it up!</p> <ul style="list-style-type: none"> • Buy fresh, frozen, or canned vegetables. • Replace soda with water • Eat 3 meals a day • Remove serving dishes from the table to avoid second helpings • Limit second helpings to salad and vegetables • Bake or broil, avoid fried foods • Take skin off chicken • Cook rice and pasta without salt • Use fresh meat • Use herbs and spices 			

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