

Using the Healthy Plate for Any Cuisine

A great way to create a balanced meal is to fill $\frac{1}{2}$ of a 9-inch plate with vegetables, $\frac{1}{4}$ with whole grains/starches, and $\frac{1}{4}$ with protein, and include dairy and/or fruit on the side. Use the examples in this booklet to see how you can enjoy the cuisines you love with portions that keep you satisfied but not stuffed.

INDIAN

Menus at Indian restaurants are filled with items that are vegetable-based or use lean cuts of meats. Choose vegetables and seafood over high-fat lamb.

CHOOSE MORE OFTEN

- Brown basmati rice
- Chickpeas
- Vegetable dishes
- Lean meats, poultry, and seafood
- Lentil soup
- Tikka, tandoori, or kebab preparations
- Yogurt-based sauces

- Ghee (clarified butter)
- Molee (coconut milk or cream)
- Any fried foods
- High-fat beef and lamb dishes
- Creamy curry sauce

CHOOSE LESS OFTEN

CHICKEN TIKKA MASALA



PROTEIN

Chicken



VEGETABLES

Cucumber
Red onion
Tomato



GRAIN/STARCH

Whole-grain naan



DAIRY & ALTERNATIVES

Nonfat plain Greek yogurt



Whether you make curry at home or order at a restaurant, chances are you're going to have some servings left over. Remember to ask for a **to-go container** so you can pack some for tomorrow's lunch!

CHINESE

The traditional Chinese diet is a healthy one, using lots of vegetables and stir fries with smaller amounts of lean meats, fish, and soy. Choose dishes that are full of steamed vegetables and lean protein over greasy meats with a lot of sauce. Use chopsticks to slow down your eating, allowing your stomach time to send signals to your brain that you are full.

CHOOSE MORE OFTEN

- Grilled seafood (shrimp with vegetables, scallops)
- Moo shu/Moo gai pan chicken (limit the sauce)
- Stir-fried fish or chicken with vegetables
- Tofu
- Steamed brown rice
- Veggie spring rolls (not fried)
- Lettuce cups
- Steamed dumplings or pot stickers

- BBQ pork/spareribs
- General Tso's chicken
- Fried appetizers (wontons, egg rolls)
- Fried lo mein, pan-fried noodles, or fried rice
- Fried wonton soup
- Crab rangoon
- Orange chicken

CHOOSE LESS OFTEN

LETTUCE CUPS



PROTEIN

Skinless chicken



VEGETABLES

Lettuce
Onion
Water chestnuts
Green onion



GRAIN/STARCH

Rice noodles



FRUIT

Orange



HEALTHY FATS

Peanuts



FLAVORINGS

Hot chili sauce



Lettuce cups are a **healthy and full-of-flavor appetizer** sure to please any crowd!

MEDITERRANEAN

A Mediterranean diet is filled with fruits, vegetables, whole grains, legumes, nuts, olive oil, fish, poultry, and red wine in moderation. Red meat is included less often.

CHOOSE MORE OFTEN

- Vegetable kebabs
- Chicken shawarma
- Greek salad
- Hummus
- Falafel
- Tabbouleh
- Baba ganoush (eggplant dip)
- Lentil soup
- Stuffed grape leaves

- Lamb
- Beef
- Garlic fries
- White pita bread

CHOOSE LESS OFTEN

KEBABS



PROTEIN

Shrimp
Chicken
Feta cheese



VEGETABLES

Zucchini
Mushrooms
Red onion
White onion
Red/green bell pepper
Summer squash
Kalamata olives
Cherry tomatoes



GRAIN/STARCH

Brown rice



Kebabs are a great **barbecue or picnic** option! Grill some lean protein with as many colorful veggies as you want!

ITALIAN

Fresh and tasty ingredients are a big part of Italian cuisine. The key is to choose vegetables for pizza toppings and side dishes, tomato-based sauces, and grilled or braised poultry and fish.

CHOOSE



MORE OFTEN

- Bruschetta
- Minestrone soup
- Thin pizza with veggie toppings
- Mozzarella, basil, and tomato panini
- Roasted eggplant
- Italian ice or fat-free cappuccino
- Whole-wheat spaghetti with turkey meatballs
- Garden salad
- Grilled fish
- Steamed clams
- Cioppino
- Shrimp scampi
- Chicken piccata

- Alfredo or heavy "white" cheese sauce entrees
- Fried calamari and shrimp
- Spinach and artichoke dip
- Deep-dish pizza
- Fried mozzarella
- Meatball marinara sub
- Sausage and pepperoni pizza toppings
- Chicken parmigiana (or any fried entrees)
- Steak gorgonzola
- Tiramisu

CHOOSE



LESS OFTEN

THIN-CRUST VEGGIE PIZZA



PROTEIN

Low-fat mozzarella



VEGETABLES

Red onion
Black olives
Green pepper
Mushrooms
Lettuce
Cucumber
Radish



GRAIN/STARCH

Whole-wheat pizza dough

1 serving = 2 slices

AMERICAN

American cuisine features flavors from the melting pot of traditional American cooking and the cuisines of many cultures that can be a part of a healthy lifestyle. Choose grilled, broiled, or roasted foods over fried foods, and enjoy fresh fruit for dessert.

CHOOSE MORE OFTEN

- Broiled, roasted, or grilled chicken or fish sandwich
- Grilled veggie burger without sauce
- Garden salad with light dressing
- Baked potato with veggies
- Sliced turkey or lean roast beef sandwich (without mayonnaise)
- Fresh fruit
- Veggie chili

- Lunch meat and cold cuts
- Fried foods (chicken, fish, french fries)
- Bacon
- Hot dogs
- White bread, rice, pasta
- Cream-based soups
- Pie

CHOOSE LESS OFTEN

DELI SANDWICH



PROTEIN

Skinless chicken
Swiss cheese



VEGETABLES

Lettuce
Red onion
Banana pepper
Tomato



GRAIN/STARCH

Whole-grain bread



FRUIT

Apple

Swap processed lunch meat for a healthier option like **grilled chicken**.

SOUL FOOD

Soul food is a traditional cuisine with roots in the Deep South stemming from African and African American culture. Enjoy the comforts of this cuisine by filling up on roasted vegetables; beans; and grilled, braised, or stewed seafood and meats. Skip the sugary drinks.

CHOOSE MORE OFTEN

- Smothered greens made with smoked turkey
- Sweet potatoes (hold the brown sugar)
- Grilled meats
- Roasted okra
- Black-eyed peas
- Blackened catfish
- Red beans and rice
- Baked peaches
- Unsweetened iced tea

- Fried foods
- Ribs
- Ham hocks
- Cornbread
- Gravy
- Cobbler
- Macaroni and cheese
- Sugary drinks

CHOOSE LESS OFTEN

CHICKEN AND GREENS



PROTEIN

Skinless chicken



VEGETABLES

Green beans
Scallions
Collard greens



GRAIN/STARCH

Cornflakes
Sweet potatoes



DAIRY & ALTERNATIVES

Nonfat plain Greek yogurt



HEALTHY FATS

Olive oil

Keep your heart strong by choosing **crispy oven-baked chicken** instead of fried. Swap out butter for a **heart-healthy fat** like olive oil.

MEXICAN

Mexican restaurants can be a good option for healthy eating. Choose low-calorie and low-carb meals and sides like beans; grilled vegetables, fish, and poultry; and salsas with fresh tomatoes, herbs, and spices.

CHOOSE MORE OFTEN

- Entrees made with soft corn tortillas
- Ceviche and seafood cocktails
- Bean enchiladas with cilantro and onions on top
- Salsa
- Fresh sautéed vegetables
- Black or pinto beans
- A small amount of guacamole or fresh avocado salad
- Grilled chicken or veggie fajitas—lunch-sized portions are great options
- Fresh salads with grilled chicken (skip the giant tortilla shell)
- Caldos (veggie, fish, or chicken soups)
- Grilled chicken or seafood, whole beans, or steak (not ground beef) fillings

- Fried dishes (chimichangas, taquitos, empanadas, chile relleno)
- Refried beans
- Excess tortilla chips
- Sour cream
- Sweet alcohol drinks (cocktails)
- Ground beef dishes
- Large platters of nachos

CHOOSE LESS OFTEN

FAJITA SKILLET



PROTEIN

Chicken
Black beans



VEGETABLES

Bell pepper
Onion
Tomato
Serrano pepper



GRAIN/STARCH

Corn tortillas
Rice



HEALTHY FATS

Avocado

THAI

Thai restaurants have many options for healthy eating, with dishes that are stir fried, have small amounts of lean meat, and include large servings of vegetables. Choose broth-based soups and vegetable-based dishes over noodle dishes and fried rice.

CHOOSE MORE OFTEN

- Satay (lean grilled meat on a stick with peanut sauce)
- Sautéed tofu
- Veggie curries (add lean protein if you like)
- Hot and sour shrimp soup
- Summer rolls
- Green papaya salad
- Cashew chicken

- Pla lard prik (fried fish)
- Fried shrimp or fish cakes
- Coconut shrimp soup
- Dipping sauces (high in sodium)
- Massaman curry (made with more coconut milk and cream than others and features rich duck, fatty beef, or dark-meat chicken)

CHOOSE LESS OFTEN

RED CURRY WITH VEGGIES



VEGETABLES

Onion
Red/yellow bell pepper
Carrots
Kale
Red chilies
Green onion



GRAIN/STARCH

Brown jasmine rice



HEALTHY FATS

Olive oil

Add a plant-based protein like tofu to your plate and replace white rice with brown rice to **lower blood sugar levels.**