Using the Healthy Plate for Any Cuisine

A great way to create a balanced meal is to fill ½ of a 9-inch plate with vegetables, ¼ with whole grains/starches, and ¼ 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

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

**CHICKEN TIKKA MASALA**

**PROTEIN**
- Chicken

**GRAIN/STARCH**
- Whole-grain naan

**VEGETABLES**
- Cucumber
- Red onion
- Tomato

**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!
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

**CHOOSE LESS OFTEN**
- 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

**LETTUCE CUPS**

**PROTEIN**
- Skinless chicken

**GRAIN/STARCH**
- Rice noodles

**VEGETABLES**
- Lettuce
- Onion
- Water chestnuts
- Green onion

**FRUIT**
- Orange

**HEALTHY FATS**
- Peanuts

**FLAVORINGS**
- Hot chili sauce

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

**CHOOSE LESS OFTEN**
- Lamb
- Beef
- Garlic fries
- White pita bread

**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!
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

**CHOOSE LESS OFTEN**
- 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 parmagiana (or any fried entrees)
- Steak gorgonzola
- Tiramisu

**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 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

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

**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

**MORE OFTEN**
- Black-eyed peas
- Blackened catfish
- Red beans and rice
- Baked peaches
- Unsweetened iced tea

**CHOOSE LESS OFTEN**
- Fried foods
- Ribs
- Ham hocks
- Cornbread
- Gravy

- Cobbler
- Macaroni and cheese
- Sugary drinks

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**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 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

**Choose Less Often**
- 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

**FAJITA SKILLET**
- **Protein**: Chicken, Black beans
- **Vegetables**: Bell pepper, Onion, Tomato, Serrano pepper
- **Grain/Starch**: Corn tortillas, Rice
- **Healthy Fats**: Avocado
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**
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- )ULHG VKULPS RU
- &RFRQXW VKULPS VRXS
- 'LSSLQJ VDXFHV KLJK LQ VRGLXP

**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.