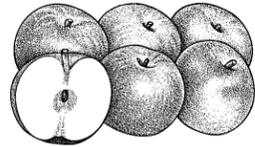


# How Much Should I Eat?



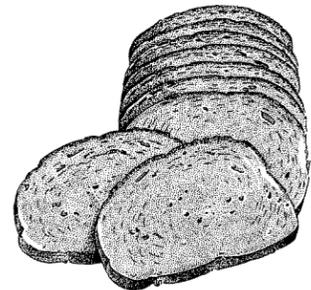
## Fruit

Fresh fruit, 1 piece  
Canned fruit, 1/2 cup  
Fruit juice, 1/2 cup

**1/4 plate (1 serving) of Starchy Foods (lunch and dinner)**

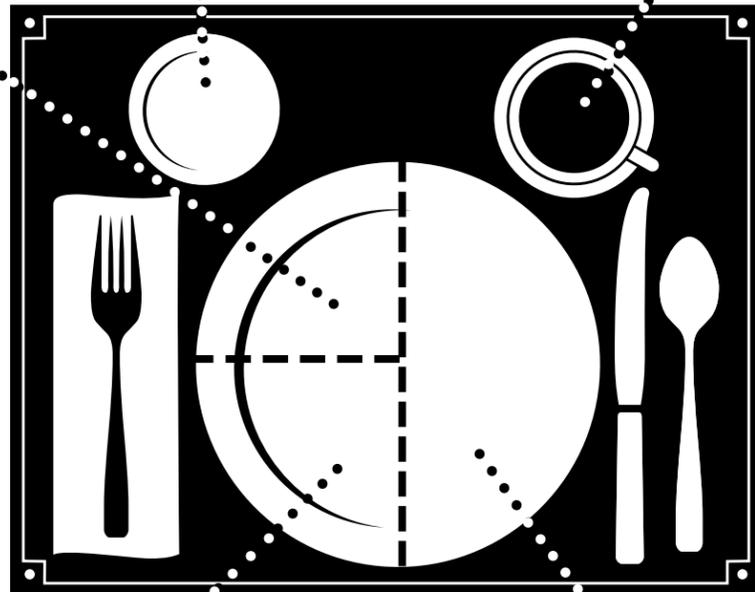
**2 servings for breakfast**

Noodles or pasta, 1/2 cup  
Bread, 1 slice  
Bun, 1/2  
Rice, 1/2 cup  
Corn, 1/2 cup  
Potatoes, 1/2 cup  
Tortillas, 1 small



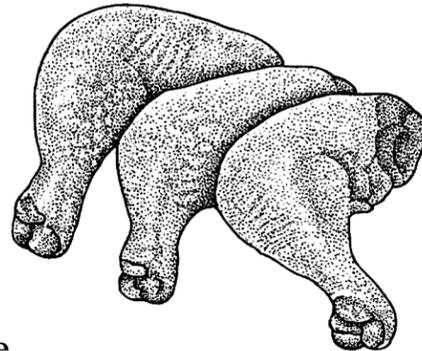
## Milk or Yogurt

Skim or 1% milk, 1 cup  
Plain or light yogurt, 1 cup



**1/4 plate or less of Meat or other Protein (lunch and dinner) optional for breakfast**

Chicken  
Fish  
Lean beef  
Lean pork  
Egg  
Tofu  
Cottage cheese  
Low-fat cheese



**At least 1/2 plate of Non-starchy Vegetables**

Broccoli  
Carrots  
Green Beans  
Greens  
Leafy Vegetables  
Spinach  
Tomatoes



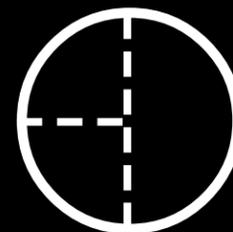
# What's On Your Plate?



Food choices and portions can make a big difference in your success with weight reduction. Your meal plan can also help you control your blood sugar, if you have diabetes.

- ✓ Eat \_\_\_\_\_ meals and \_\_\_\_\_ snacks at about the same time every day.
- ✓ Do not skip meals or recommended snacks.
- ✓ Get regular activity.
- ✓ Lose excess weight.
- ✓ Avoid alcohol.
- ✓ Limit foods that have a lot of sugar such as:
  - Sugar
  - Pastries
  - Molasses
  - Cakes
  - Gum
  - Jelly and Jam
  - Pies
  - Gelatin/Pudding
  - Koolaid<sup>®</sup>
  - Ice Cream
  - Gatorade<sup>®</sup>
  - Snapple<sup>®</sup>
  - Cookies
  - Honey
  - Pre-sweetened Tea
  - Candy
  - Syrup
  - Soda
- ✓ Limit foods with a lot of fat like fried foods or fast foods
- ✓ Avoid high fat meats like:
 

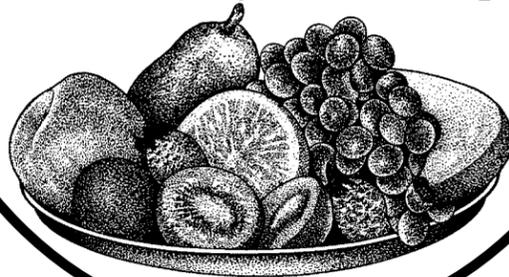
<i>Bacon</i>	<i>Sausage</i>
<i>Salt pork</i>	<i>Hot dogs</i>
<i>Regular lunch meats</i>	
- ✓ Too many or too few servings of starches, fruits and milk can affect your blood sugar, if you have diabetes.



**This guide can help you plan your meals. Dividing your plate into sections can help you eat the right amount of carbohydrates, protein and fat.**

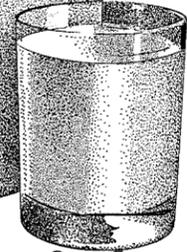
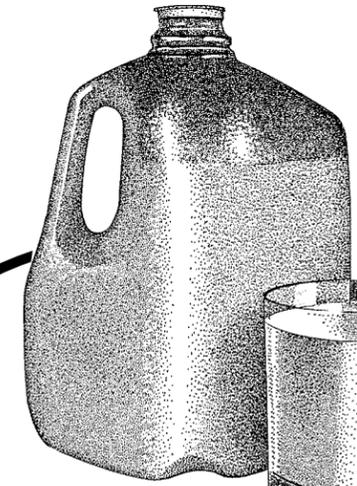
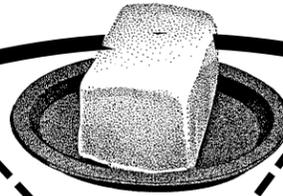
## Fruits

- Fresh or frozen
- Canned in water or juice
- Unsweetened juice with meals  
(limit juice to 1/2 cup)



## Fats and Oils

- Soft tub margarines or liquid oil (canola or olive oil)
- Avoid shortening, butter and/or lard



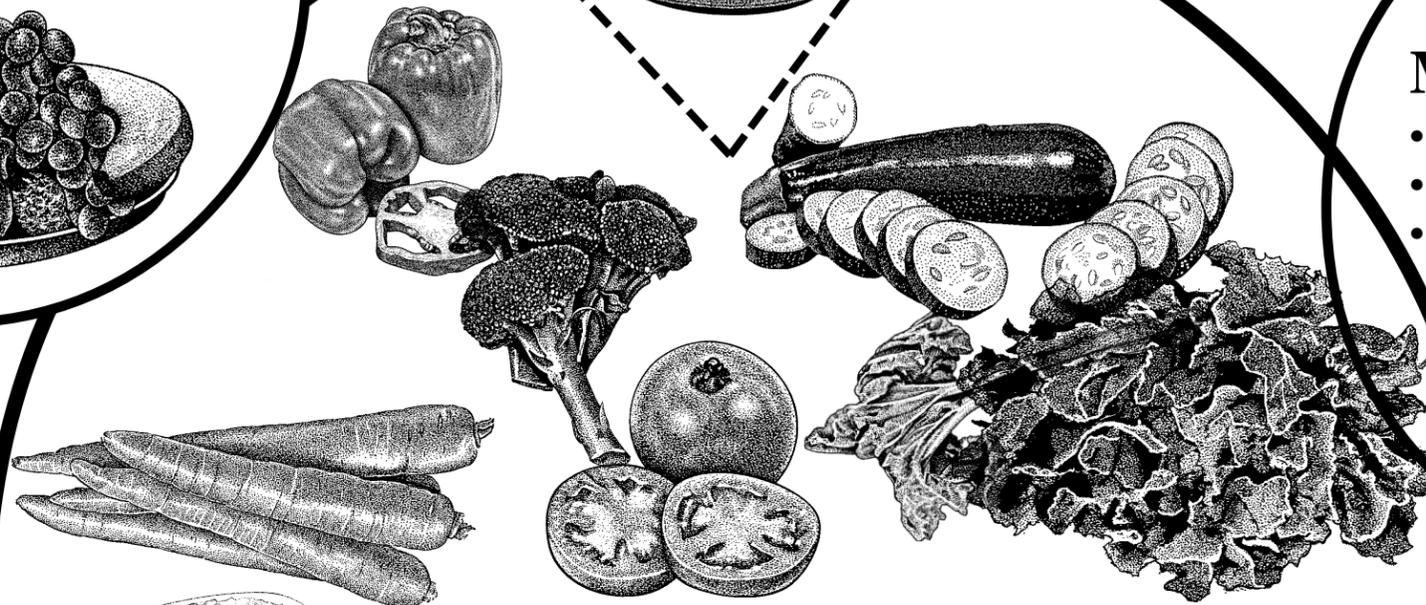
## Milk

- Low fat, reduced fat or fat-free
- Buttermilk (low fat)
- “No sugar added” non-fat yogurt or plain non-fat yogurt



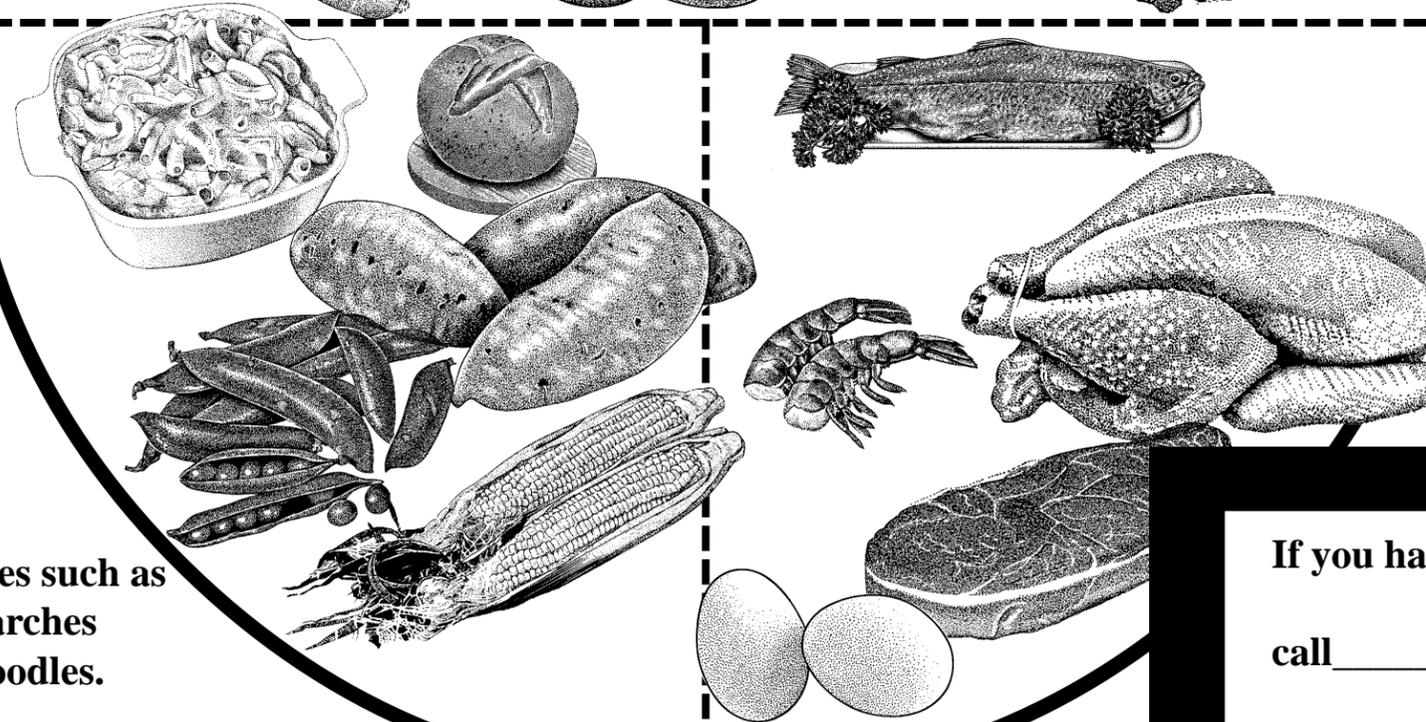
## Vegetables

- Fresh or frozen
- Low-salt canned
- Limit added sauces or fats  
(potatoes, corn, peas, and beans are in the starch group)



## Starches

- Unsweetened cereals
- Whole grain breads
- Limit pastries
- Watch portion sizes
- Includes starchy vegetables such as corn, peas, beans, and starches such as pasta, rice and noodles.



## Meat/Proteins

- Trim fat from meats
- Remove skin from chicken or turkey
- Bake, broil, grill or boil
- Limit egg yolks to 2-4 per week
- Limit organ meats
- Use low-fat cheeses and lunch meats

If you have questions about your diet,  
call \_\_\_\_\_, R.D.