

Key Points to a Having
**A HEALTHY
PLATE &
WEIGHT**

When trying to lose weight, these general tips will help guide you:

- Start your day with a balanced breakfast that includes a starch, fruit, and milk. Add low fat meat if desired.
- Eat a variety of foods. The more color on your plate, the better.
- Eat when you are hungry and quit eating when you begin to feel full.
- Watch serving sizes. Super-sized combo meals are too much food for one person. Share them with a friend.
- Eat dinner at the table as a family. Eating while watching television can lead to overeating.
- Plan meals and snacks ahead of time. Before you grocery shop, make a list and buy only what is on it.
- Weight loss should be in gradual amounts. Losing 1 or 2 pounds a week is a good goal.
- Forget fad diets. They may be unhealthy and usually do not work in the long run.
- Be physically active every day. Walking your children to school, gardening, walking the dog, and walking during breaks at work are great ways to be active.

Having a healthy weight and being physically active can be beneficial to your health. It can lower blood pressure and cholesterol and decrease your risk of diabetes, stroke, heart disease and certain types of cancer. There are mental benefits too. Symptoms of anxiety and depression can be lowered and there may be improvements in mood.



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Tips for

**A HEALTHY
PLATE &
WEIGHT**



Plan Your Plate!

FRUIT

A serving is:

- 1 medium piece of fruit
- 1/2 c. of canned fruit
- 1/4 c. of dried fruit
- 3/4 c. of 100% fruit juice

Choose fruits and fruit juices without added sweeteners or syrups.

NON-STARCHY VEGETABLES

This much

of your plate should be:

A serving is 1/2 cup of cooked or 1 cup of raw:

- | | | |
|-----------|------------|-------------|
| • greens: | • lettuce | • carrots |
| • turnip | • broccoli | • mushrooms |
| • mustard | • tomato | • onion |
| • collard | • squash | • cucumber |
| • cabbage | • okra | • celery |

Choose fresh or frozen vegetables without added sauces, fats, or salt.

This much
of your plate should be:

STARCHES

A serving is:

- 1/2 c. rice, pasta, cereal
- 1 slice of bread
- 1 brown and serve roll
- 1 2" cube cornbread
- 1/2 c. corn, peas, potatoes

Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, or brown rice. They're nutritious and high in fiber.

This much
of your plate should be:

MEAT

A serving is:

- 2-3 ounces of cooked poultry, fish, beef, pork
- 2 ounces of lowfat cheese
- 1/2 c. cooked beans
- 2 tablespoons peanut butter

Bake, roast, broil, grill or boil instead of frying or adding fat.

DAIRY

A serving is:

- 1 c. of lowfat milk
- 1 c. of lowfat yogurt

Choose low-fat or nonfat milk or yogurt.

FATS

A serving is:

- 1 teaspoon of soft margarine
- 1 teaspoon of mayonnaise
- 1 tablespoon of salad dressing

Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.

FREE FOODS

- spices
- lemon, lime juice
- tabasco sauce
- prepared mustard
- pepper sauce
- artificial sweetener

These have very few calories. Use them to flavor your foods.

Serving sizes are normal, not supersized.