

Other Plate Method Meals

For breakfast:

- **Non-starchy vegetables/fruit:** Strawberries
- **Whole grains/starchy vegetables:** Cooked oatmeal (not instant, flavored) and graham cracker squares
- **Protein:** Low-fat cottage cheese
- **Dairy:** Skim milk
- **Healthy fat:** Pecan halves



For lunch:

- **Non-starchy vegetables/fruit:** Lettuce, sliced tomatoes, raw celery, carrot strips, and a small apple
- **Whole grains/starchy vegetables:** 100% whole-wheat bread
- **Protein:** Thin-sliced turkey
- **Dairy:** Reduced-fat Swiss cheese
- **Healthy fats:** Reduced-fat mayonnaise for the bread and reduced-fat salad dressing for dipping (ranch shown here)
- **Drink:** Bottle of water



For a dinner that doesn't include animal products (a vegan dinner):

- **Non-starchy vegetables/fruit:** A mixture of cooked vegetables is shown here: cherry tomatoes, asparagus, red peppers, mushroom slices, and diced yellow summer squash. Green grapes on the side.
- **Other whole grains:** 100% whole-wheat spaghetti noodles and a 100% whole-grain dinner roll
- **Protein:** Tofu, sliced and grilled; soy nuts
- **Dairy:** Not included for a vegan meal
- **Healthy fats:** Black olives and olive oil to sauté the vegetables
- **Drink:** Glass of water



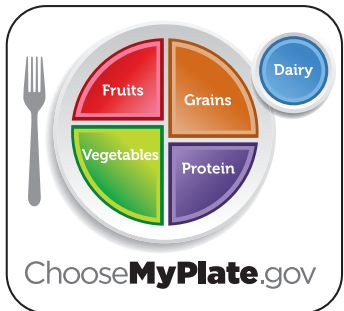
Want to learn more?

To learn more about the Plate Method, go to:

- [ChooseMyPlate website](#)

To learn more about healthy eating, go to:

- [Mayo Clinic website](#)



If you have questions after you read this, please contact your health care provider or a registered dietitian.



PATIENT EDUCATION

Eat Well: Use the Plate Method

The Plate Method is a simple guide for healthy adults to remember how much to eat* of each type of food at mealtime. Each of the meals shown here follows the Plate Method and uses a 9-inch plate. Smaller plates or bowls may be used for some types of food.

For each meal, the Plate Method includes:

- **Half a plate of non-starchy vegetables, fruit or both.** Examples of non-starchy vegetables include asparagus, beets, broccoli, cabbage, carrots, cauliflower, cucumber, greens, green beans, lettuce, mushrooms, okra, onions, peppers, spinach, summer squash (crookneck and zucchini), tomatoes, and turnips. For fruit, choose whole fruits, fresh or frozen.
- **A quarter of a plate of whole grains, breads or starchy vegetables.** Examples include 100% whole-grain breads, cereals, crackers, tortillas, and pastas; as well as brown rice and oatmeal. Starchy vegetables include corn, green peas, potatoes, sweet potatoes, winter squash (acorn and butternut), and yams.
- **A quarter of a plate of protein-rich food.** Examples include poultry (chicken and turkey without the skin), fish and other seafood. Meat options include lean beef and pork. Other animal sources include eggs and lower-fat cheese.

Non-animal protein sources include legumes: lima beans, kidney beans, black beans, etc.; lentils; and peas (black-eyed and split). Other non-animal protein sources are soy foods: tofu, tempeh, edamame, and soy nuts.

Other aspects of the Plate Method are:

- **Dairy.** Good choices include low- and non-fat milk and yogurt.
- **Healthy fat(s).** Choose olive or canola oil, soft margarine (in a tub, not a stick) and reduced-fat salad dressings. Nuts and black and green olives are healthy fats too.
- **Other drink(s).** Choose water or another low-calorie beverage when you don't drink milk.



* Note: The meals shown here are for a 1,600-calorie daily food plan. Your calorie needs may differ.

A Healthy, Plate Method Meal

Shown full-size on a plate with a 9-inch-wide area for food.



This Plate Method dinner includes:

- **Non-starchy vegetables/fruit:** Green beans, romaine lettuce and cucumbers; raspberries and blackberries
- **Whole grains/starchy vegetables:** A mixture of brown and wild rice and a 100% whole-grain dinner roll
- **Protein:** Salmon
- **Dairy:** Skim milk
- **Healthy fats:** Soft margarine and reduced-fat salad dressing (ranch shown here)