



# Create a Healthy Plate

To create a healthy plate, you can follow these four easy steps:

**Step 1.**

Divide your plate in  $\frac{1}{2}$  - fill the largest part with Non-Starchy Vegetables

**Step 2.**

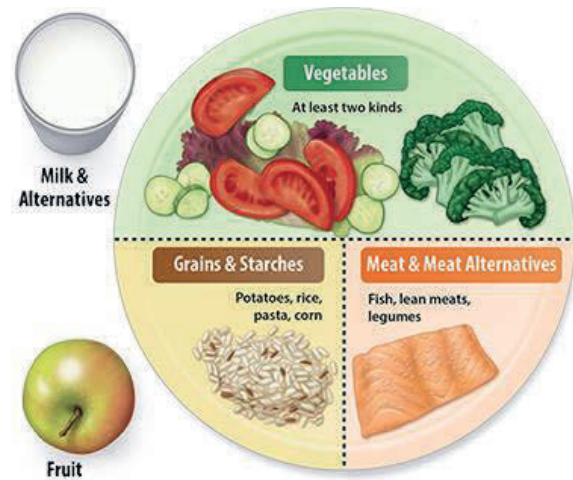
Divide the other  $\frac{1}{2}$  into 2 equal parts – remaining sections are for Grains & Starchy Vegetables and Lean Proteins

**Step 3.**

Add a piece of fruit and low-fat dairy (optional/as tolerated)

**Step 4.**

ENJOY!



## Health Benefits

There are many benefits of eating from a healthy plate. Eating this way:

- Provides a variety of nutrients and fiber
- Promotes overall health
- Supports a healthy weight
- Helps control key measurements of health:
  - Blood pressure
  - Cholesterol
  - Blood sugar

## Filling the Three Parts of Your Plate

Below are some examples of foods you can use to fill your plate. You can choose the foods that you know you like, or you can be adventurous and try something new. You might be surprised and find new foods to enjoy!

Non Starchy Vegetables	Lean Proteins	Grains & Starchy Vegetables:
Leafy greens	Skinless chicken/turkey	Brown rice
Zucchini	Fish	Bulgur wheat
Bell peppers	Eggs	Oats
Cabbage	Nuts and seeds	Pastas
Brussels sprouts	Tofu	Corn
String beans		Beans, peas, and lentils
Celery		Whole grain breads
Broccoli		Crackers
Cauliflower		Anything made with flour
Carrots		
Winter Squash*		
Pumpkin*		

\*These vegetables are a little higher in starch, so watch portion size.

### Plate Size Matters!

Over the years plate sizes have increased and contributed to eating larger amounts of food. Use a 9-inch plate to control portion sizes for this healthy plate method.



Did you know that Princeton University provides FREE Health Coaching to benefits-eligible employees and dependents? Call 866-237-0973 to schedule a free, confidential appointment.

