You don’t need to diet, just balance your plate!

Eat nearly the same amount of food each day.

- Eat fruits and lots of veggies
- Increase fiber
- Lower fat

Eat 3 meals every day at regular times.

- 2 snacks (optional)
- Dinner
- Lunch
- Breakfast

Balance your plate at each meal.

- 1/2 Plate Vegetables
- 1/4 Plate Protein
- 1/4 Plate Carbohydrates
Veggie Ideas

Your system

- Drink plenty of water to help move fiber through
- Eat low-fat grain products such as whole-wheat breads, brown rice and corn tortillas
- Choose cereals that are high in fiber
- Build meals around fruits, vegetables and grains

Ideas for Increasing Fiber

- Salads or soup
  - For a low-fat protein eat beans — add beans to
  - Use low-fat or nonfat milk and milk products
  - Bake, broil or grill instead of fry
  - Fat and remove the skin from poultry
  - Choose leaner cuts of meat, trim off the outside

Examples of Balanced Plates

Breakfast
- Coffee/Tea (optional)
- 1 cup skim milk or 1% milk
- Orange slice - 1 Tbsp. jelly or 1 Tbsp. of butter
- 1 slice of whole wheat toast
- 1-2 eggs (cooked without fat)

Lunch
- 1 slice of cheese
- 2 ounces of low-fat lunch meat
- Tomato/salad
- 1/2 cup vegetable soup
- 1/2 cup grapes
- 1 Tbsp. mayonnaise

Dinner
- 1 piece of fruit
- 1 cup mashed potatoes with 1 Tbsp. butter
- 1/2 cup chowder
- 1 cup mixed vegetables
- 1/2 cup mushrooms
- 5 ounces or steak or chicken

Ideas for Reducing Fat on Your Plate
Balance Your Portion Size

- Small steps = Big rewards
- Don’t supersize!
- Balance smaller portions of high-fat foods with extra servings of fruits and vegetables

=A BALANCED PLATE

+ 1 portion of PROTEINS
+ 1-2 portions of VEGETABLES
+ 2 portions of FRUIT
+ 1 portion of STARCH

There are no bad foods, just bad portion sizes.

How much fruit & vegetables?
- Include 2 or more veggies at lunch and dinner - add a fruit if you’d like a fruit with breakfast
- Fill your 2 hands with fruits and veggies and you will have a good portion for your meal
- Have starch food with every meal

How much starch?
- Size of your fist for your main meal
- If you’re eating large portions, take steps to eat smaller portions
- For men: 4-7 ounces
- For women: 3-5 ounces

How much protein?
- Choose a fruit or veggie for a snack
- Include 2 or more veggies at lunch and dinner - add a fruit if you’d like a fruit with breakfast
- Fill your 2 hands with fruits and veggies and you will have a good portion for your meal
- Have starch food with every meal
- Size of the palm of your hand
- For men: 4-7 ounces
- For women: 3-5 ounces
Snack Ideas

- If you have diabetes, remember: Fruits and yogurt contain carbohydrates.
- If you have diabetes, remember: Combining a protein with a carbohydrate sticks with you.
- Combine a protein with a carbohydrate.
- Often and cut back on portion size.
- If you snack on junk food, limit how often and cut back on portion size.
- Put a reasonable snack portion onto a plate and put the rest away.
- Put a reasonable snack portion onto a plate and put the rest away.
- Snack on low-fat or non-fat yogurt.
- Keep a fruit bowl, small packages of fruit snacks, raisins or other dried fruits handy.
- Keep a fruit bowl, small packages of fruit snacks, raisins or other dried fruits handy.
- Snack on low-fat or non-fat yogurt.
- Snack on low-fat or non-fat yogurt.
- Unsweetened fruit juice.
- Choose 100% with a meal.
- More than 4 oz. juice, drink no more than 4 oz.
- More than 4 oz. juice, drink no more than 4 oz.
- Drink lots of water - 6 to 8 glasses a day.
- Drink lots of water - 6 to 8 glasses a day.

To diet or not to diet, consider the following steps:

- Consider switching or decaf.
- Switching or decaf.
- Coffee affects blood pressure.

Balance Your Drinks Tool

Try new foods. Be creative!
Make an Action Plan!

1. Decide what you want to accomplish.
2. Start making short-term plans by making an action plan for this week.
3. Carry out your action plan.
4. Check the results.
5. Make changes as needed and repeat each week.
6. Remember to reward yourself.

How do I begin to balance my plate?

Action Plan Form

This week I will:

How confident are you?
0 = not confident
10 = totally confident

(How many?)
(When?)
(How much?)

Action Plan Example

This week I will:

5 days

At lunch and dinner
I will increase vegetables

How confident are you?
0 = not confident
10 = totally confident

(How many?)
(How much?)
(What?)