Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.

Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.

Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

For good nutrition also choose each day:
- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.
**Ideas for meals and snacks**

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch and Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese</td>
<td>4 oz. baked tofu sandwich on sprouted-grain or whole-grain bread with 1–2 Tbsp. avocado, lettuce or spinach, tomato, and onion</td>
</tr>
<tr>
<td>1 cup diced melon</td>
<td>2 cups stir-fried vegetables (sauteed with 1 tsp. oil and garlic)</td>
</tr>
<tr>
<td>2 oz. whole-grain muesli cereal</td>
<td>3–4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun</td>
</tr>
<tr>
<td>½ banana, ½ cup berries</td>
<td>Garden salad with avocado and 1–2 Tbsp. oil and vinegar dressing</td>
</tr>
<tr>
<td>10 walnuts</td>
<td>Diced peaches or pear</td>
</tr>
<tr>
<td>1 cup nondairy milk</td>
<td>1 cup canned black bean soup (lower sodium)</td>
</tr>
<tr>
<td>1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit</td>
<td>1 cup kale (dropped into soup)</td>
</tr>
<tr>
<td>1 small bran muffin</td>
<td>6 whole-grain crackers</td>
</tr>
<tr>
<td>1 cup nondairy milk</td>
<td>1 apple</td>
</tr>
<tr>
<td>2 slices sprouted-grain or wheat toast</td>
<td>2 cups vegetarian chili</td>
</tr>
<tr>
<td>1 cup diced melon</td>
<td>2 Tbsp. pumpkin seeds or avocado</td>
</tr>
<tr>
<td>1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit</td>
<td>1 cup quinoa, yam, or whole-grain pasta</td>
</tr>
<tr>
<td>1 cup nondairy milk</td>
<td>1 low-fat, low-sodium frozen entrée or vegetarian entrée</td>
</tr>
</tbody>
</table>

**Snacks**

- ½ cup baked sweet potato
- 2 tbsp. dried fruit or nuts
- Fresh fruit
- 3 cups air-popped or light microwave popcorn
- ¼ cup roasted garbanzo beans
- Raw vegetables with hummus or vegetable paté
- Medium apple with 1–2 Tbsp. “natural” peanut butter
- 3 large rye wafer cracker
- ½ oz. cashew cheese
- Fresh nonstarchy vegetables

**Healthy meals start at the store. Use this shopping list to help you prepare.**

- Fruits—fresh, frozen, canned in their own juice, or dried
- Vegetables—fresh, frozen, or low-sodium canned
- Plain nondairy milk (fortified soy, rice, oat, or almond)
- Plain nondairy yogurt (soy or almond)
- “Natural” peanut or other nut butter
- Cultured cashew cheese
- Olive or organic canola oil
- Light soy sauce, tamari, or Bragg’s liquid aminos
- Sauerkraut or kimchee
- Whole beans (canned or dried), or lentils
- Hummus, bean spreads, or tahini
- Tofu (silken, firm), tempeh
- Avocado, olives, or sun-dried tomatoes
- Unsalted nuts and seeds
- Nutritional yeast
- Vegetable broth
- 100% whole-grain or sprouted-grain bread, rolls, or bagels
- Rye wafer or whole-wheat crackers
- Brown rice or whole-wheat pasta
- Whole-grain cereal (oats, or muesli)
- Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa)
- Tortillas (corn, or whole- or sprouted-wheat)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

©2011, TPMG, Inc. All rights reserved. Regional Health Education. Reproduced with permission from copyrighted material of the SCPMG Center for Healthy Living. 011061-438 (Revised 2/17) RL 6.5