

The Plate Method of meal planning provides the following benefits: balanced meals, greater fiber intake, healthy amounts of fat, protein at meals and healthy amounts fruits and vegetables. Eat 3 meals each day. At each meal choose one item from each food group. Use a 9-inch plate.

Fat/Oil:

Olive oil, 2 tsp.
Butter, 2 tsp.
Salad dressing, 2 Tbsp
Cream cheese, 2 Tbsp.

Starch/Grain:

(Eat whole grain most often)
Bread, 2 slices
Oatmeal, 1 cup cooked
Dry cereal, 1 ½ cup
Bagel, ½
Pasta, 2/3 cup cooked
Rice, 2/3 cup cooked
Quinoa, 2/3 cup cooked
Baked potato, 1 medium
Tortilla, 2 small (6-inch)
Peas/corn, 1 cup
Lentils/beans, 1 cup cooked

Meat/Protein:

Cottage cheese, ½ cup
Eggs, 1-2
Peanut butter, 2 Tbsp.
Low fat cheese, 1 oz.
Nuts, ¼ cup
Low fat turkey sausage, 1-2 oz.
Skinless chicken or turkey, 2-3 oz.
Fish (tuna, salmon, etc.), 2-3 oz.
Lean beef or pork, 2-3 oz.

Milk or Yogurt:

Milk (skim or 1%), 1 cup
Low fat yogurt, 1 cup (plain, light, or Greek)

Non Starchy Vegetables:

1-2 cup portion

Asparagus
Cabbage
Lettuce
Carrots
Broccoli

Onion
Peppers
Cucumber
Celery
Spinach

Cauliflower
Tomatoes
Chard or Kale
Green Beans
Mushroom

Fruit:

Apple/orange, 1 small
Berries, 1 cup
Banana, 1 small
Melon, 1 cup
Fruit juice, ½ cup

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#595