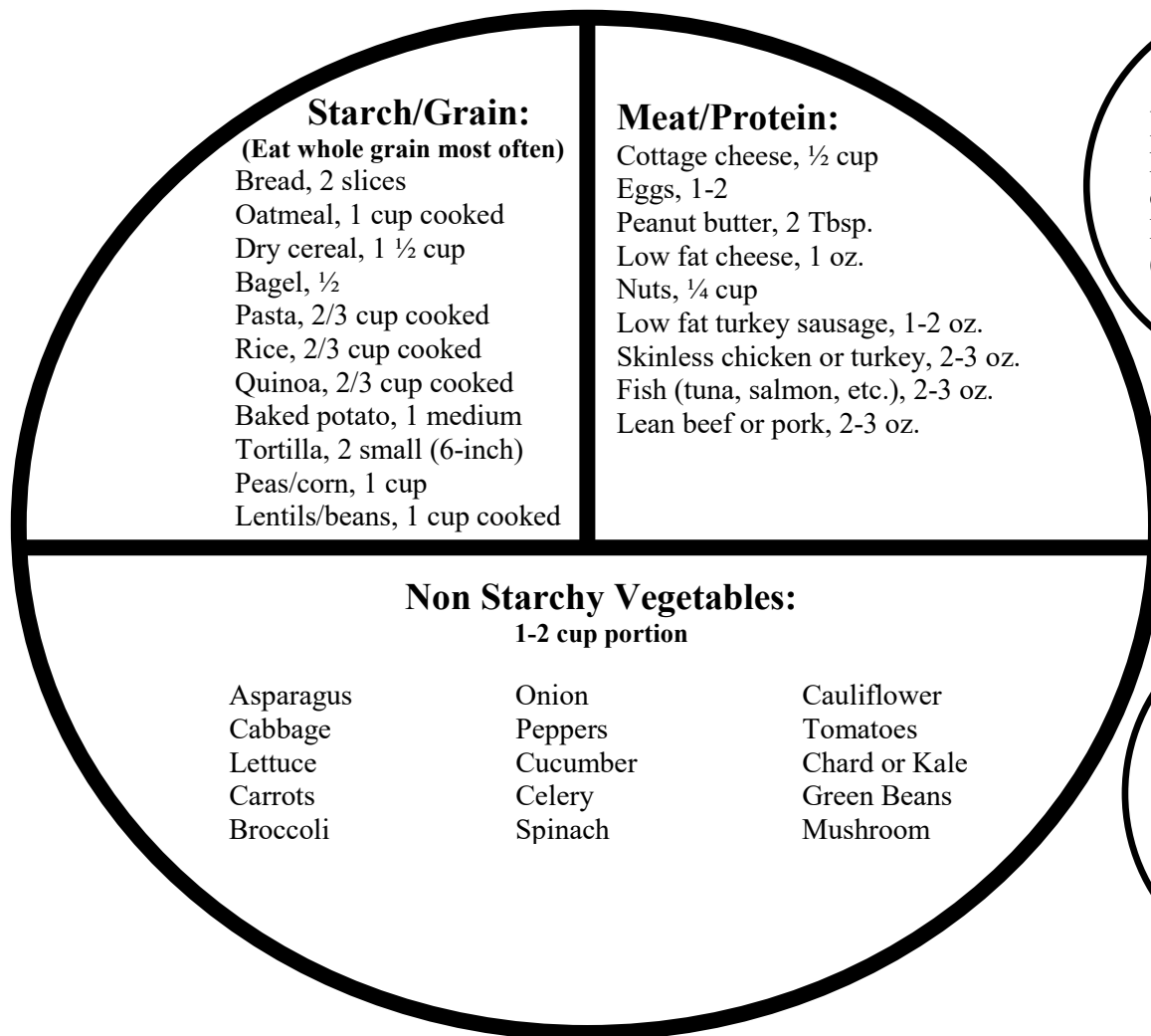


The Plate Method of meal planning provides the following benefits: balanced meals, greater fiber intake, healthy amounts of fat, protein at meals and healthy amounts fruits and vegetables. Eat 3 meals each day. At each meal choose one item from each food group. Use a 9-inch plate.

Fat/Oil:
 Olive oil, 2 tsp.
 Butter, 2 tsp.
 Salad dressing, 2 Tbsp
 Cream cheese, 2 Tbsp.



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

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