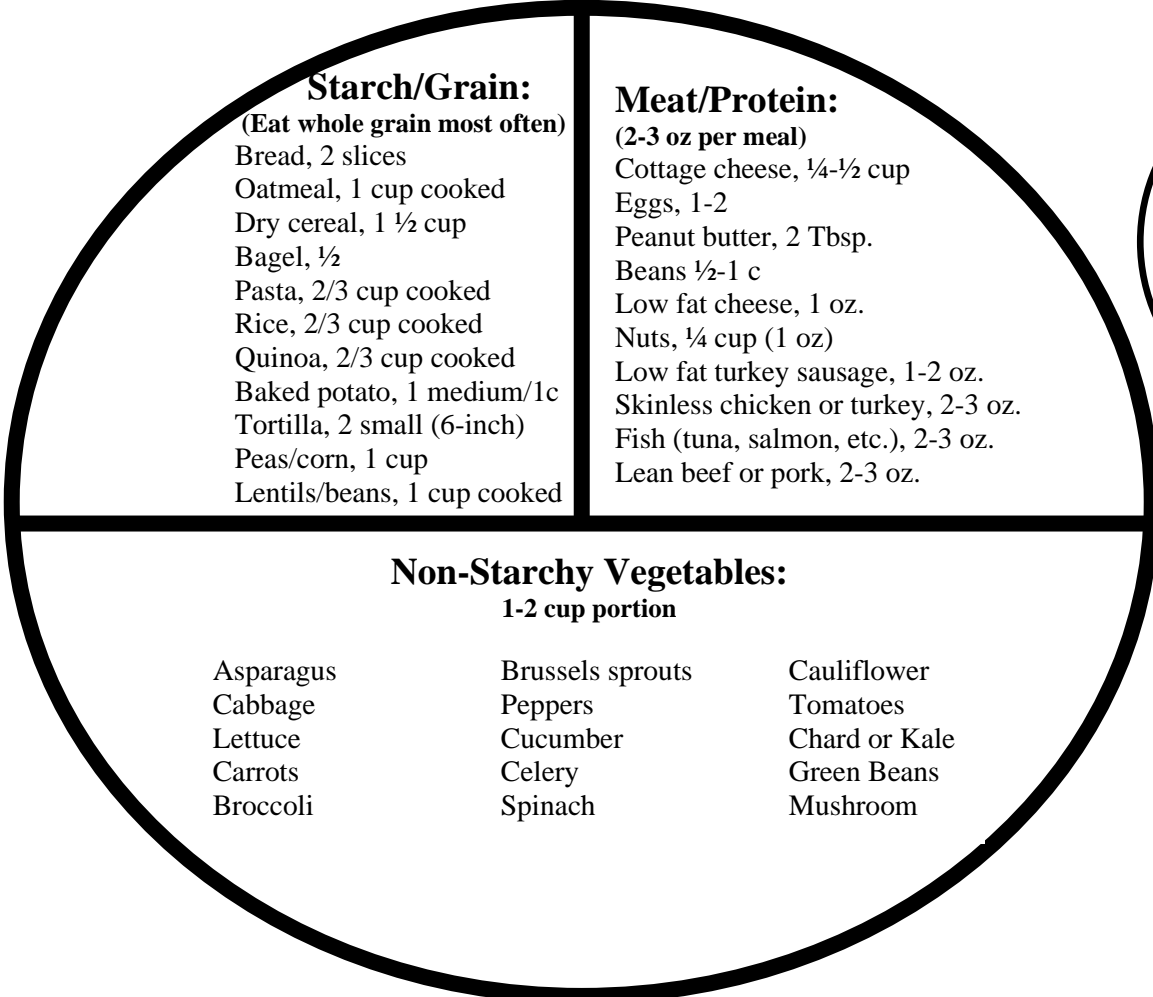


Health Facts for You

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:
Healthy fats include olives, nuts, seeds, avocado

Oil, 2 tsp.
Butter/margarine, 2 tsp.
Salad dressing, 2 Tbsp
Cream cheese, 2 Tbsp.
Avocado, ¼ cup
Nuts, 12-20



**Milk or yogurt:
(or protein source)**
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 ©12/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#595