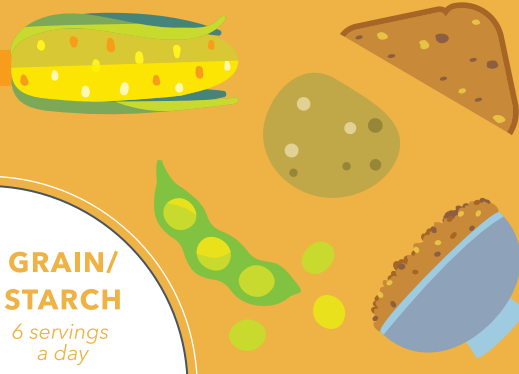

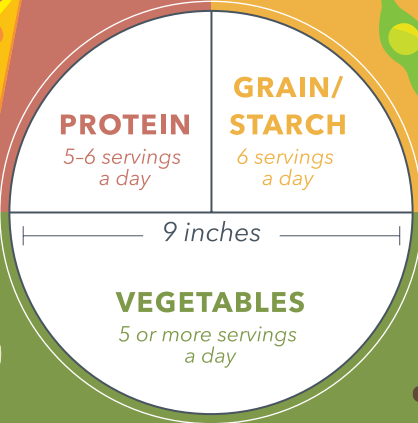




# The Healthy Plate Worksheet

<p>Turkey/chicken, fish, cheese, eggs, beans, tofu</p>	<p>Whole-grains and starchy vegetables</p>	<p>Oil, avocados, nuts, olives</p>
		 <p><b>FATS</b> 4 servings a day</p>
 <p><b>PROTEIN</b> 5-6 servings a day</p> <p><b>GRAIN/ STARCH</b> 6 servings a day</p> <p>9 inches</p>		 <p><b>WATER</b> 64 ounces a day</p>
<p>Whole vegetables</p>		 <p><b>FLAVORINGS</b></p>
 <p><b>FRUIT</b> 2-3 servings a day</p>	 <p><b>LOW-FAT DAIRY &amp; ALTERNATIVES</b> 2-3 servings a day</p>	<p>Instead of salt:</p>
<p>Whole fruits</p>	<p>Low-fat milk, yogurt, soy milk</p>	<p>Herbs, spices, fresh lemon</p>

Write your favorite healthy food choices in each section.

Protein	Grain/Starch	Fats
 <p><b>PROTEIN</b> 5-6 servings a day</p> <p><b>GRAIN/ STARCH</b> 6 servings a day</p> <p>9 inches</p> <p><b>VEGETABLES</b> 5 or more servings a day</p>		 <p><b>WATER</b> 64 ounces a day</p>
<p>Vegetables</p>		
Fruits	Low-fat dairy and alternatives	Flavorings (instead of salt)