The Healthy Plate Worksheet

- **Turkey/chicken, fish, cheese, eggs, beans, tofu**
- **Whole-grains and starchy vegetables**
- **Oil, avocados, nuts, olives**

**FATS**
- 4 servings a day

**PROTEIN**
- 5-6 servings a day

**GRAIN/STARCH**
- 6 servings a day

**9 inches**

**VEGETABLES**
- 5 or more servings a day

**WATER**
- 64 ounces a day

**FRUIT**
- 2-3 servings a day

**LOW-FAT DAIRY & ALTERNATIVES**
- 2-3 servings a day

**Whole vegetables**

- **Whole fruits**
- **Low-fat milk, yogurt, soy milk**

Instead of salt:
- Herbs, spices, fresh lemon
Write your favorite healthy food choices in each section.

<table>
<thead>
<tr>
<th>Protein</th>
<th>Grain/Starch</th>
<th>Fats</th>
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<tbody>
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- 5-6 servings a day

**Grain/Starch**
- 6 servings a day
- 9 inches

**Vegetables**
- 5 or more servings a day

**WATER**
- 64 ounces a day

**Vegetables**

**Fruits**

**Low-fat dairy and alternatives**

**Flavorings (instead of salt)**