

# Plate Planning

## Fresh Fruit

Pear, Apple, Orange,  
Melon, Grapefruit,  
Grapes, Berries,  
Banana and Other  
Fresh Fruit

**3 to 4 Servings Per Day**

*A great vitamin-packed  
low calorie snack.*

## Good Fats

Olive, Canola or  
Peanut Oils;  
Nuts; Avocado;  
Peanut Butter  
and Other  
Good Fats

**1 to 2 Servings Per Meal**

*Added fats slow digestion and  
provide staying power to meals.*

## Fat-Free or Low Fat Milk/Dairy Products

Fat-Free or 1%  
Milk, Lite Yogurt,  
Low Fat Cheese  
and Other Milk/  
Dairy Products

**2 to 3 Servings Per Day**

*Calcium is associated with  
better weight loss.*

## Vegetables

**3 to 4 Servings Per Day**

Fresh, Frozen or Unsalted  
Canned, Raw or Cooked  
Vegetables and  
Green Leafy Salads

*Good source of fiber–  
low in calories and packed with  
vitamins and minerals.*

Whole Grain Bread,  
Bran/Oat/Wheat Cereals,  
Brown Rice, Whole Grain  
Pasta, White or Sweet Potato,  
Dry Beans, Corn, Peas, Lima  
Beans, Whole Grain Crackers  
and Other Whole Starches

*Fiber fills– choose 3+ grams  
dietary fiber per serving.*

## Whole Grains & Starches

## Lean Meat/Protein

Skinless Chicken, Turkey, Fish,  
Shellfish, Lean Beef or Pork,  
Venison, Wild Game Meat,  
Lowfat Cheese, Tuna Fish,  
Peanut Butter, Egg Substitute,  
Egg, Soy Products, Dry Beans  
and Other Lean Meat and  
Protein Alternatives

*Protein satisfies– bake,  
broil, roast or grill.*

Drink 6 to 8 cups of water and  
other calorie-free beverages daily.