# HEALTHY PLATE MODEL

What does a healthy plate look like?

The Healthy Plate Model is a quick and easy way to ensure each meal is balanced. Follow the steps below to create your own healthy, well-balanced plate.

1. Start by filling ½ your plate with a variety of non-starchy vegetables (leafy greens, broccoli, carrots, peppers or cabbage) and 1 serving of fruit. Eat more vegetables than fruit. Choose whole fruit when possible and limit juice and dried fruits.

2. Fill ¼ of your plate with 1 serving of whole grains, such as brown rice, whole-wheat pasta, oats or whole-wheat bread, or other healthy starches including sweet potatoes, corn, beans or lentils. Limit white bread, white rice, and fried potatoes.

3. Fill ¼ of your plate with 1 serving of protein sources such as lean meats (skinless poultry), fish, beans, lentils, nuts and tofu. Limit red meat and cheese; avoid processed meats such as cold cuts, bacon and hot dogs.

4. Choose 1-3 servings of low-fat dairy each day, such as non-fat (skim) milk or yogurt. Non-dairy alternatives such as soy, rice, or almond milk are fine too. One serving is 8 oz. Choose yogurt with less than 15 grams of sugar per serving.

5. Choose one small serving of healthy fats, such as plant-based oils (olive and canola), nuts, seeds or avocado. Limit or avoid butter, lard, tropical oils (coconut and palm oil), and stick margarine.
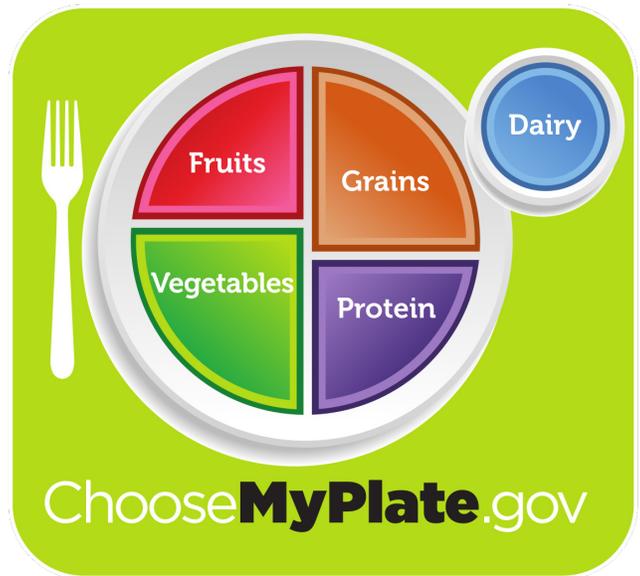
What counts as a serving from each group?

	1 SERVING SIZE
VEGETABLES	1 c. raw or cooked vegetables or vegetable juice; 2 c. raw leafy greens
FRUITS	¾ c. fruit or 100% fruit juice; ½ c. dried fruit
GRAINS	½ c. cooked rice, pasta or cereal; 1 slice of bread; 1 c. ready-to-eat cereal
PROTEINS	2-3 oz meat, poultry or fish; ¼ c. cooked beans; 1 egg; 1 T peanut butter; ½ oz nuts
DAIRY	1 c. (8 oz) milk, yogurt or soymilk; 1 ½ oz natural cheese; 2 oz processed cheese

For more information and tips, visit the American Heart Association website (heart.org)