

## The Plate Method

The plate method breaks your eating dish down into quarters. This method helps you visualize portions of foods. It doesn't require any math and you can use it anywhere.



- Limit processed foods
- Always include protein and healthy fats with your meals and snacks. Aim for one quarter of your plate.
- Consider choosing high fiber or "complex" carbohydrates. These foods should make up another one-quarter of your meal or snack
- Aim for half your meal or snack to be non-starchy vegetables. Use this as your base and plan the rest of your meal or snack around it.
- Try to use smaller plates or bowls instead of large ones

**FIBER****Non-Starchy Vegetables**

Artichokes  
 Asparagus  
 Bell peppers  
 Bok choy  
 Broccoli  
 Brussels sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Cucumber  
 Eggplant  
 Fermented vegetables  
 Garlic  
 Green beans  
 Greens/lettuce  
 Mushrooms  
 Onions  
 Pea pods  
 Radishes  
 Rutabagas  
 Spaghetti squash  
 Tomatoes  
 Turnips  
 Yellow squash and zucchini

**Protein**

Bone broth  
 Cheese or cottage cheese\*  
 Chicken  
 Eggs  
 Fish and seafood (especially oil-rich fish, such as tuna, salmon)\*  
 Meat (chicken, beef\*, turkey, pork\*, lamb\*, venison, bison)  
 Meat alternatives (tofu, tempeh, etc.)  
 Nuts\*  
 Nut butter\*  
 Seeds\*  
**Protein with carbohydrates:**  
 Kefir\*  
 Legumes (lentils, beans, chickpeas)  
 Milk\*  
 Yogurt\*  
 Some meat alternatives

\*Can be higher fat

\*\*<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/healthy-cooking-oils>

**FIBER****Higher Fiber Carbohydrates****Fruit**

Apple  
 Blackberries  
 Blueberries  
 Melons  
 Oranges/Grapefruit  
 Pear  
 Raspberries  
 Rhubarb  
 Strawberries

**Grains, moderately processed**

Bulgur  
 Cracked wheat and rye  
 Foods made with whole grains  
 Old-fashioned rolled oats  
 Scottish or steel cut oats  
 Whole grain cornmeal (polenta)

**Grains, whole and intact**

Brown rice  
 Farro  
 Non-pearl barley "hulled"  
 Oat groats  
 Quinoa  
 Rye or wheat berries

**Legumes**

Beans (red, refried, black, pinto, garbanzo)  
 Lentils

**Starchy vegetables**

Corn  
 Peas  
 Beets  
 Potatoes (w/skin)  
 Sweet potatoes/yams  
 Winter squash (butternut, acorn, etc.)

**Healthy Fat**

Avocado, healthy oils (olive, avocado, canola, etc.\*\*), olives, nut butter, nuts, dressings made with healthy oils, seeds, fish and seafood (especially oil-rich fish, e.g., herring, tuna, salmon, mackerel).