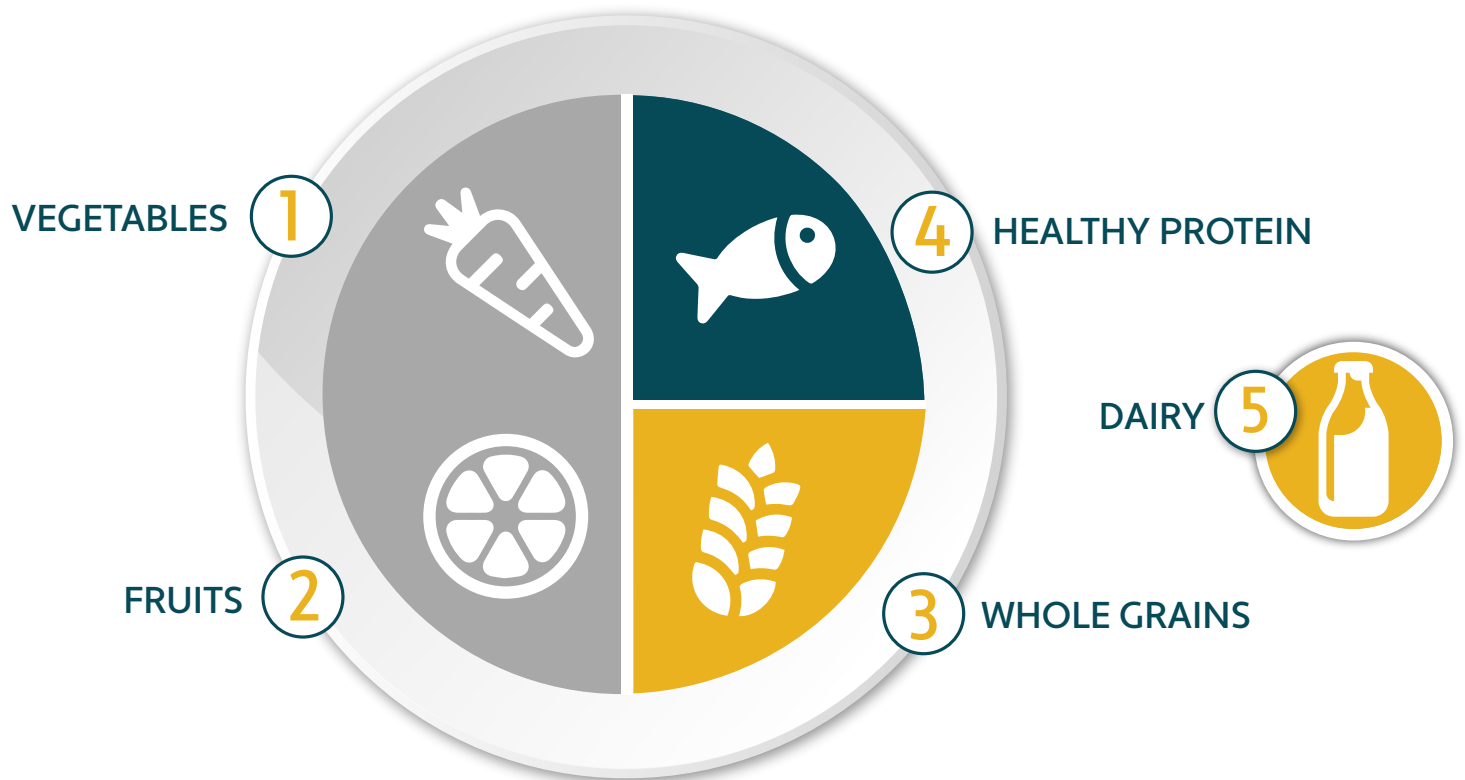


THE PLATE METHOD



1 VEGETABLES

The more vegetables—and the greater the variety—the better.

2 FRUITS

Eat plenty of fruits of all colors.

3 HEALTHY PROTEIN

Choose fish, poultry, beans and nuts.
Limit red meat and cheese.

4 WHOLE GRAINS

Eat a variety of whole grains.
Limit refined grains.

5 DAIRY

Choose skim or 1% milk and
limit to 1-2 servings per day.

Use as a guide for creating healthy, balanced meals, whether served on a plate or packed in a lunch box.

Remember, $\frac{1}{2}$ plate of vegetables and fruit, $\frac{1}{4}$ grains and $\frac{1}{4}$ protein.

The total number of calories a person needs each day varies depending on a person's age, sex, height, weight and level of physical activity. Estimates range from 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men.

HERE ARE SOME SEASONAL SUGGESTIONS FOR INGREDIENTS THAT WORK WELL WITH THE PLATE METHOD

SPRING

Apples
Apricots
Asparagus
Avocados
Bananas
Broccoli
Cabbage
Carrots
Celery

Collard Greens
Garlic
Herbs
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mushrooms

Onions
Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

SUMMER

Apples
Apricots
Avocados
Bananas
Beets
Bell Peppers
Blackberries
Blueberries
Cantaloupe
Carrots
Celery

Cherries
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Herbs
Honeydew Melon
Lemons
Lima Beans
Limes

Mangos
Okra
Peaches
Plums
Raspberries
Strawberries
Summer Squash
Tomatillos
Tomatoes
Watermelon
Zucchini

FALL

Apples
Bananas
Beets
Bell Peppers
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cranberries
Garlic

Ginger
Grapes
Green Beans
Herbs
Kale
Kiwifruit
Lemons
Lettuce
Limes
Mangos
Mushrooms
Onions
Parsnips

Pears
Peas
Pineapples
Potatoes
Pumpkin
Radishes
Raspberries
Rutabagas
Spinach
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash

WINTER

Apples
Avocados
Bananas
Beets
Brussels Sprouts
Cabbage
Carrots
Celery
Collard Greens
Grapefruit

Herbs
Kale
Kiwifruit
Leeks
Lemons
Limes
Onions
Oranges
Parsnips
Pears

Pineapples
Potatoes
Pumpkin
Rutabagas
Sweet Potatoes & Yams
Swiss Chard
Turnips
Winter Squash