

Plate Method: Three Easy Steps



Step One

Fill half the plate with non-starchy vegetables like broccoli, summer squash, green beans, cauliflower, carrots, peppers and leafy greens.



Step Two

On the other half, fill the first half of that side of the plate with a lean protein like, chicken, fish, pork or plant-based protein like tofu or beans.



Step Three

Fill the second half with a whole grain like brown rice, whole-wheat pasta, or a starchy vegetable like a sweet potato, corn, winter squash or peas.

