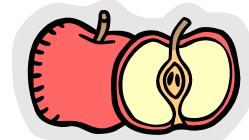


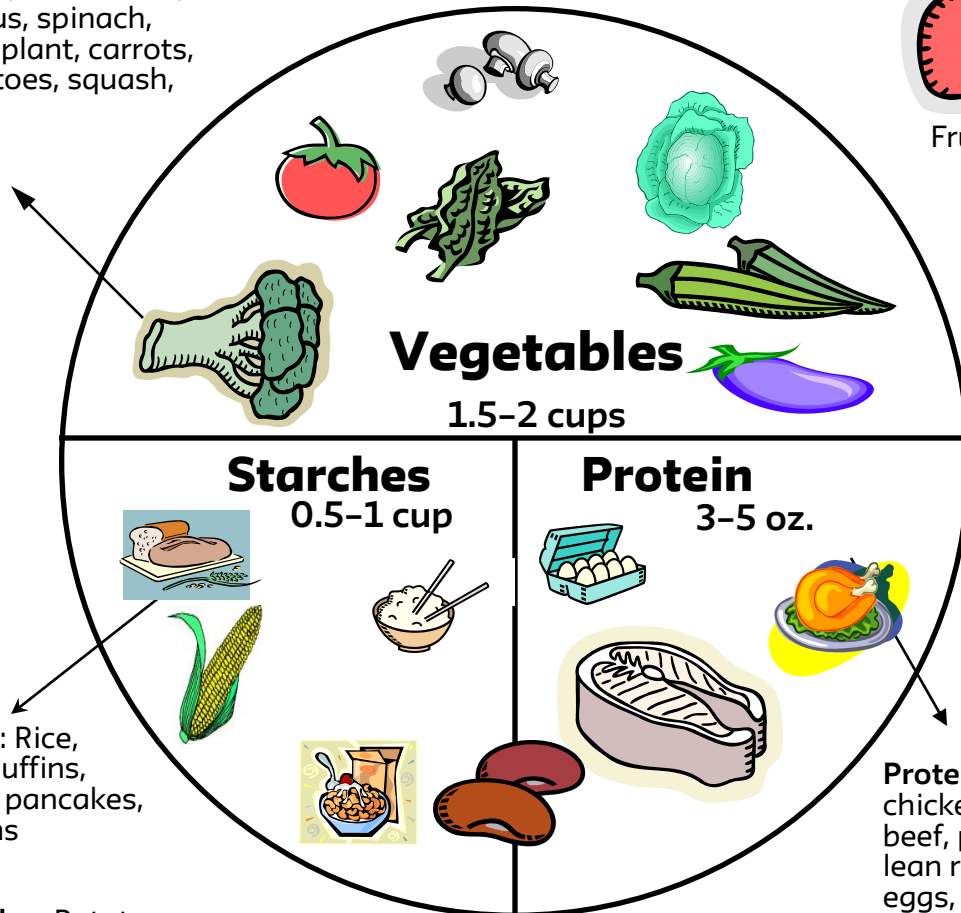
## THE IDEAL PLATE

**Non-starchy vegetables**

**include:** Brussels sprouts, okra, cabbage, broccoli, cauliflower, lettuce, asparagus, spinach, leafy greens, eggplant, carrots, cucumber, tomatoes, squash, string beans, etc.



Fruit with the skin



**Starches include:** Rice, bread, cereals, muffins, pastas, crackers, pancakes, waffles, dry beans

**Starchy vegetables:** Potatoes, corn, plantains, green bananas, peas, all types of root vegetables

**Proteins:** Turkey, chicken, fish, lean beef, pork and all lean red meats, eggs, and tofu

**Drink liquids low in sugar**

Water is the best liquid to drink, and seltzer is a good alternative. Dairy and dairy substitutes help keep bones strong. Whole fruits are better than fruit juices, and when you choose juice, 100% fruit juices are best.

**Limit fat**

Reduce fried foods. Use a spray bottle with oil to cook food with less fat. Limit salad dressing, mayonnaise, coffee creams, margarines, and butter. Avoid high-fat cheeses. Olive oil and canola oil are good choices for cooking.