Starches

0.5–1 cup

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

Protein

3–5 oz.

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

Vegetables

1.5–2 cups

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

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

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.