

# WHERE FOODS FIT IN THE PLATE MODEL:

The plate model is a visual guide to promote healthy balanced eating. It divides your plate to show you what portion should be filled with what kinds of food. Arranging your plate in this fashion will help keep your blood sugar levels under control and support long-term health.



**1/2 plate = Cooked Vegetables**

**(\*\*PLUS unlimited Side Salad)**

**1/4 plate = Protein Source**

**1/4 plate = Grains and Starches**

### ADDED FAT:

Limit to an amount the size of the tip of your thumb

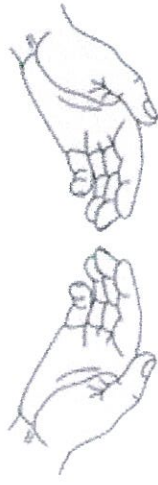
- Oils (i.e. canola or olive)
- Salad Dressing
- Nuts & seeds (limit to 1/4 cup)
- Butter or Margarine (non-hydrogenated)
- Avocado (limit to 1/4 of avocado)



## VEGETABLES 1/2 plate

[Try to include 2 kinds of cooked vegetables to fill half the plate and add unlimited salad on the side]

- Asparagus
- Broccoli
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Mushrooms
- Peppers
- Snow peas
- Salad greens (lettuce, cabbage, spinach etc.)
- Tomatoes
- Zucchini
- Beets and Carrots\* Limit to 1/4 plate due to higher starch content. Fill rest of section with other veg.



## GRAINS AND STARCHES 1/4 plate

(Choose whole-wheat products when possible; Aim for 3-5g fibre and less than 8g of sugar per serving)

### Bread, Cereal & Crackers

- Bread (whole grain, rye etc.)
- Pita bread
- English muffin
- Tortilla
- Ryvita crisp bread
- Cereal (e.g. oatmeal, All-Bran, Bran Buds, Shredded Wheat etc.)



### Grains & Pasta

- Pasta
- Barley, bulgur, couscous, kamut, etc.
- Quinoa
- Rice (basmati, long-grain & brown)
- Noodles

### Meat

- Fish (fresh, frozen or canned)
- Chicken (skinless)
- Meat/poultry-ground (lean) !
- Lean cuts of red meat, pork or veal



### Legumes (Contain some carbohydrate)

- Beans (black, kidney, lima, navy), chickpeas, Lentils

### Milk Products (Contain some carbohydrate)

- Cheese (light-aim for less than 19% MF)
- Cottage cheese (0-2%MF)
- Yogurt (less than 8 g of sugar)

### Meat Alternatives

- Peanut Butter or almond butter (limit to 2 tbsp)
- Soy products (i.e. soy nuts, tofu, edamame)
- Eggs and liquid egg whites