

# The PERFECT PLATE

The vast majority of Americans overeat. Most in all food groups — some in just one or two. It's easy to consume too much protein or starch and not enough vegetables and fruits. Here is what a healthy plate should look like...

## Veggies & Fruit

Dietitian Irene Rapp says a healthy diet includes **3-5 servings of vegetables and 3-5 servings of fruit** a day. Basically, half your plate should be fruits and veggies. Add a side salad and you're good to go!



## Vegetables & Fruit

Make sure you have a good mix of cooked and raw veggies!



## Meat & Fish

Lean cuts & skinless poultry are best. Remove all visible fat. Grill or broil rather than fry. Nuts, eggs & beans are also protein!



## Bread & Grains

Whole grain products are best. They body needs carbs to function and to lose fat.



## Protein: Meat & Fish

This is the easiest place on the plate to over-do. **Women need only 4-6 ounces of protein per day, (not per meal) and men 6-8 ounces,** for the body to function properly. Any more than that — the body turns to fat! Ugh! What does 3 ounces look like? A deck of cards!

## Bread & Grains

Carbs are NOT evil! Your body needs bread & grains for proper brain and muscle function — and to lose weight. For a healthy diet, eat up to **6 servings of bread & grains daily. Serving size = 1/2 cup** of rice, noodles, cereal or one slice of bread.