

The Plate Divide

Tips for a healthy plate to promote healthy body weight

Fruits and Vegetables

- Make half of your plate non-starchy vegetables.
 - When choosing fruits and vegetables pick a variety of colors.
 - Add a serving of fruit to breakfast by adding it to yogurt, a smoothie, oatmeal, or just by itself!
 - Include vegetables in casserole and pasta dishes if it is difficult to eat them by themselves.
 - Choose fruit instead of cakes, cookies, or pies for dessert. Limit desserts and other concentrated sweets.
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- Serve food on smaller plates to help control portion size.
 - Sauté foods in a small amount of broth rather than oil.
 - Choose vegetable oils rather than fats solid at room temperature (butter, etc.) while cooking.
 - Replace chips and candy with healthy snacks like fruit and yogurt, vegetables and hummus, or string cheese.

Interested in learning more about nutrition and weight management?

To schedule an appointment, please call 585-341-9150.

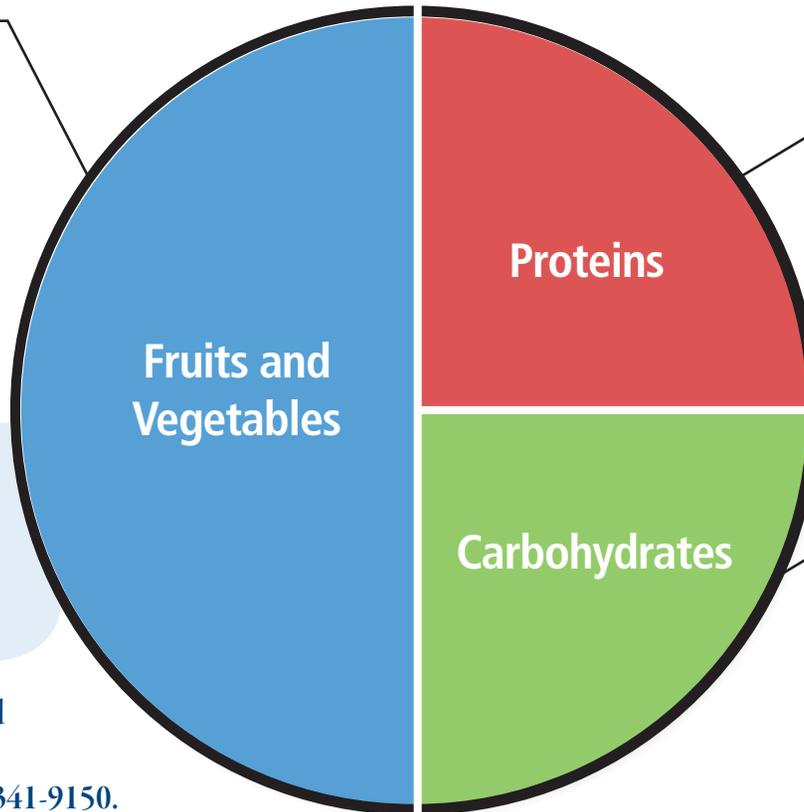
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Proteins

- Choose fish and lean meats like poultry without the skin, 90% or higher lean ground beef, and meats labeled “loin” or “round” which are often leaner.
- Avoid fried and breaded meats, poultry with the skin, and processed meats that are higher in fat.
- Try beans, legumes, tofu, and eggs as alternatives to meat at meals.

Carbohydrates

- Aim to make half of your grains whole.
- Choose whole wheat bread and pasta, brown rice, quinoa, oat meal, and oat or wheat bran more often.
- Reserve sweets like cookies, cakes, and pies for special occasions as they are high in both sugar and fat.
- Limit the portion of carbohydrates to about one quarter of the plate.

Fluids

- Drink water at meals and throughout the day to stay hydrated.
- Limit sugar sweetened beverages like soda, sweet teas, and lemonade to reduce calories.
- Drink a glass of water before a meal to promote feelings of fullness sooner.

