

Lunch/Dinner

Milk Group

Example:

- ~1 cup skim or 1% milk OR
- ~1 cup plain or artificially sweetened yogurt



Fruit Group:

Example:

- 1 small fresh fruit (tennis ball size) or
- ½ c. canned low sugar or
- ½ cup juice

1/2 Plate Non Starchy Vegetable

Examples:

- ~Steamed green beans
- ~Steamed carrots
broccoli
- ~Green salad with tomatoes
- ~Stir-fried pea pods
and mushrooms/onions/peppers

1/4 Plate Meat or Other Protein

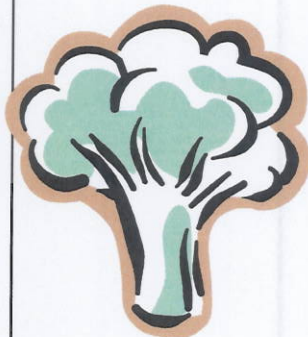
Examples:

- ~½ chicken breast 2-3oz
- ~3oz pork loin
- ~1 grilled fish filet 3-4oz
- ~small hamburger 90-95%
lean



Free foods: (20 calories or less)

- Pepper
- Catsup
- Mustard
- Unsweetened coffee or tea
- Sugar substitutes
- Sugar free gelatin
- Diet soda pop



1/4 Plate Grain/Beans Starchy Vegetable

Examples:

- ~Small baked potato
(computer mouse size)
- ~Small whole grain roll
- ~½ c. corn/peas/wtr. squash
- ~½ c. beans/legumes
- ~½ c. brown rice

