

Excerpt from summer 2010 issue of *Your Health Matters*. [CLICK HERE](#) to view entire newsletter.

## Take a good look at **your plate**

### Your plate should look like this

**Use a 9-inch plate.** (A standard dinner plate is 10 ½ inches.) Imagine your plate divided into three sections – one side taking up fully half of the plate, then the other side divided in half again. At breakfast, use only the two smaller segments of your plate. Choose to prepare foods using low-fat methods (steaming, broiling and stir-frying).

### **BREAKFAST:**

#### **Start the day right**

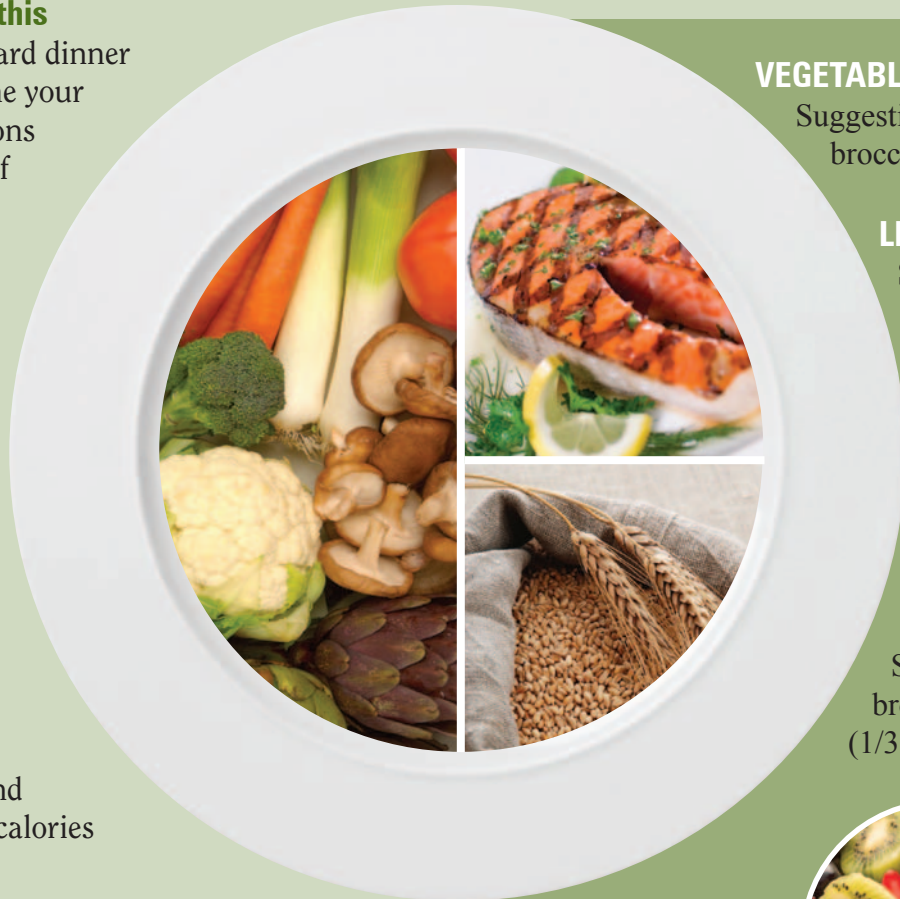
**Replace one of the eggs or half of the cheese in your omelet** with some spinach, onions, or mushrooms. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.

**Cut back on the amount of cereal in your bowl** to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with less calories.

### **LUNCH: Lighten up**

Use vegetables such as lettuce, tomatoes, cucumbers, or onions to **replace some of the cheese and meat in your sandwich, wrap, or burrito.** This will help fill you up with fewer calories than the original.

**Add chopped vegetables, such as carrots, beans, or red peppers,** in place of part of the meat or noodles in your favorite broth-based soup. This will help fill you up, so you will not miss those extra calories.



### **VEGETABLES**

Suggestions: salad, broccoli, carrots

### **LEAN MEAT**

Suggestions: chicken, fish. Keep to the size of a deck of cards.

### **BREAD, STARCH OR GRAIN**

Suggestions: brown rice (1/3 cup)

### **Add FRUIT and DAIRY**



### **DINNER: End the day healthy**

Add chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while **removing part of the rice or pasta from your favorite dish.** The vegetables will be just as satisfying but have fewer calories than the same amount of the original version.