



Building Your Plate for a Better Meal

DAIRY & MILK ALTERNATIVES

Nonfat and lowfat
Milk, yogurt and cottage cheese
Soy milk

WHOLE GRAINS

Whole grain bread
Whole wheat pasta
Brown rice
High-fiber cereal
Whole wheat tortillas
Whole wheat soba noodles
Rice wheat buns



PROTEINS

Fish
Tofu
Eggs
Seeds
Lean meat
Poultry
Beans
Nuts

Vegetables and Salads — Lettuce, collard greens, bok choy, watercress, coriander, bamboo shoots, baby corn, kale, mustard greens, Mexican cactus, yams, chilies, squash, jicama, sweet potatoes, carrots, green peppers, broccoli, cauliflower, eggplant, zucchini, green beans, mushroom, spinach, corn, and potatoes (reduce or avoid french fries)

Fruits — Apple, banana, strawberry, orange, kiwi, mango, grape, pineapple, watermelon, peach, pear, guava, cherimoya

FRUITS & VEGETABLES



Essential fats

Use olive or canola oil for cooking and dressing on salad

Adapted from the UCSF Watch Clinic. Garber, A., Drohr, D. (2003)

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net