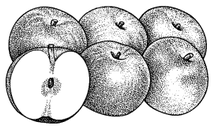
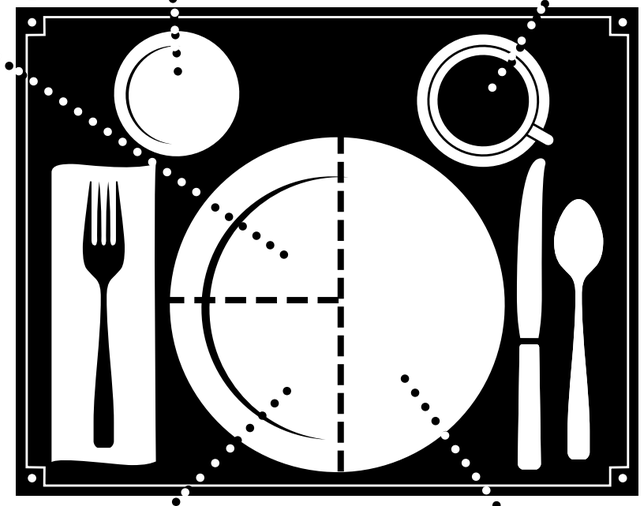
How Much Should I Eat?



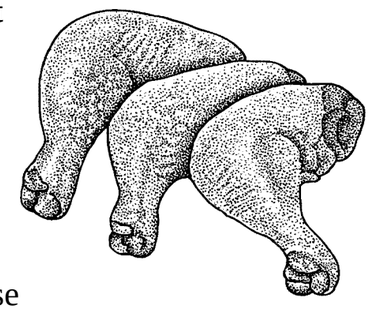
Fruit
Fresh fruit, 1 piece
Canned fruit, 1/2 cup
Fruit juice, 1/2 cup

Milk or Yogurt
Skim or 1% milk, 1 cup
Plain or light yogurt, 1 cup

1/4 plate (1 serving) of Starchy Foods (lunch and dinner)
2 servings for breakfast
Noodles or pasta, 1/2 cup
Bread, 1 slice
Bun, 1/2
Rice, 1/2 cup
Corn. 1/2 cup
Potatoes, 1/2 cup
Tortillas, 1 small



1/4 plate or less of Meat or other Protein (lunch and dinner) optional for breakfast
Chicken
Fish
Lean beef
Lean pork
Egg
Tofu
Cottage cheese
Low-fat cheese



At least 1/2 plate of Non-starchy Vegetables
Broccoli
Carrots
Green Beans
Greens
Leafy Vegetables
Spinach
Tomatoes

What's On Your Plate?

Food choices and portions can make a big difference in your success with weight reduction. Your meal plan can also help you control your blood sugar, if you have diabetes.

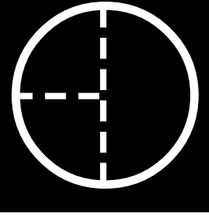
- ✔ **Eat _____ meals and _____ snacks at about the same time every day.**
- ✔ **Do not skip meals or recommended snacks.**
- ✔ **Get regular activity.**
- ✔ **Lose excess weight.**
- ✔ **Avoid alcohol.**
- ✔ **Limit foods that have a lot of sugar such as:**

• *Sugar*	• *Pastries*	• *Molasses*
• *Cakes*	• *Gum*	• *Jelly and Jam*
• *Pies*	• *Gelatin/Pudding*	• *Koolaid®*
• *Ice Cream*	• *Gatorade®*	• *Snapple®*
• *Cookies*	• *Honey*	• *Pre-sweetened Tea*
• *Candy*	• *Syrup*	• *Soda*

- ✔ **Limit foods with a lot of fat like fried foods or fast foods**
- ✔ **Avoid high fat meats like:**

Bacon	*Sausage*
Salt pork	*Hot dogs*
Regular lunch meats	

- ✔ **Too many or too few servings of starches, fruits and milk can affect your blood sugar, if you have diabetes.**



This guide can help you plan your meals. Dividing your plate into sections can help you eat the right amount of carbohydrates, protein and fat.

Fruits

- Fresh or frozen
- Canned in water or juice
- Unsweetened juice with meals (limit juice to 1/2 cup)

Fats and Oils

- Soft tub margarines or liquid oil (canola or olive oil)
- Avoid shortening, butter and/or lard

Milk

- Low fat, reduced fat or fat-free
- Buttermilk (low fat)
- "No sugar added" non-fat yogurt or plain non-fat yogurt

Vegetables

- Fresh or frozen
- Low-salt canned
- Limit added sauces or fats (potatoes, corn, peas, and beans are in the starch group)

Starches

- Unsweetened cereals
- Whole grain breads
- Limit pastries
- Watch portion sizes
- Includes starchy vegetables such as corn, peas, beans, and starches such as pasta, rice and noodles.

Meat/Proteins

- Trim fat from meats
- Remove skin from chicken or turkey
- Bake, broil, grill or boil
- Limit egg yolks to 2-4 per week
- Limit organ meats
- Use low-fat cheeses and lunch meats

If you have questions about your diet,

call_____, R.D.

Southern Arizona VA Health Care System Nutrition and Food Services • June 2004