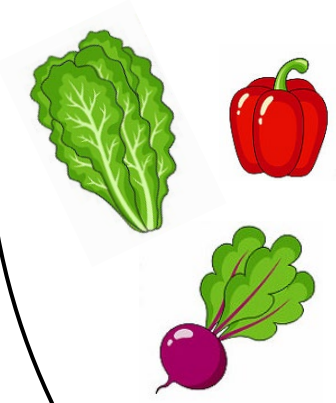
Plate Method

For Healthy Meal Planning

Non-Starchy Vegetables



Artichokes
Asparagus
Green beans
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Cucumber
Eggplant
Greens
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Peppers
Spinach
Summer Squash
Tomato
Tomato Sauce
Turnips
Zucchini

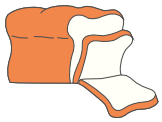
Protein

Plant-based
Beans
Lentils
Nuts
Seeds
Tofu, Tempeh
Meat Substitutes

Animal-based
Fish
Seafood
Eggs
Low Fat Dairy
Skinless Poultry*
Lean Meat*

Starch

Starchy Vegetables
Winter Squash
Sweet Potatoes
Potatoes
Parsnips
Green Peas
Plantains
Corn



Whole Grains
Quinoa, Farro, Barley
Buckwheat, Freekeh
Bulgur, Couscous
Oatmeal, Cereals
Bread, Tortilla,
Rice, Pasta

Fruit

1 portion fruit,
if desired

OR

Milk

1 portion milk
or yogurt, if
desired

UCSF Medical Center
Nutrition & Food Services