

Choices for Your Plate

Choose Whole Grains

Starches

- Bread
- Cereal
- Pasta
- Crackers
- Rice
- Potato
- Sweet Potato
- Yam
- Yuca/Cassava
- Yautia
- Rulo
- Green Banana
- Plantain
- Corn
- Peas

Beans *also a good source of protein

Proteins

- Chicken
- Turkey
- Beef
- Pork
- Fish
- Eggs
- Nuts/Seeds
- Soy
- Dairy

Choose Lean Proteins

Non-Starchy Vegetables

- Asparagus
- Beet
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chayote
- Collard Greens
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushroom
- Okra
- Onion
- Pepper
- Radish
- Spinach
- Squash
- Tomato
- Zucchini



Choose from a variety of vegetables, proteins and starches to create a healthy and balanced meal.
Choose fresh fruit as a side dish, snack or dessert.

For further information, please contact your Registered Dietitian or medical provider.