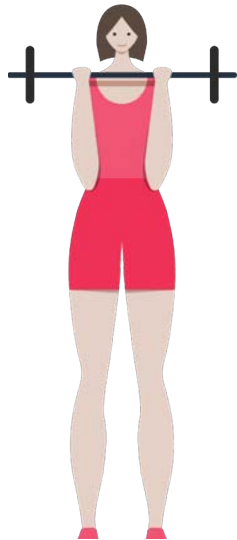


# Plan and Create a Healthy Meal

## Find the best foods to fuel your body!

Choose your favorite foods in each section to make your healthy plate. The healthy plate is a great tool to help you eat healthier. You can even use it as a guide for portions in meals that mix everything together like salad, lasagna, soup, or noodle dishes.

### Foods for **slow fuel**



**Protein** gives your body lasting energy and the building blocks for growth and repair.

- Beans and lentils
- Cheese (low-fat)
- Eggs
- Fish
- Greek yogurt
- Lean skinless chicken or turkey
- Milk or soy milk (unsweetened low-fat or fat-free)
- Tofu

### Healthy drink

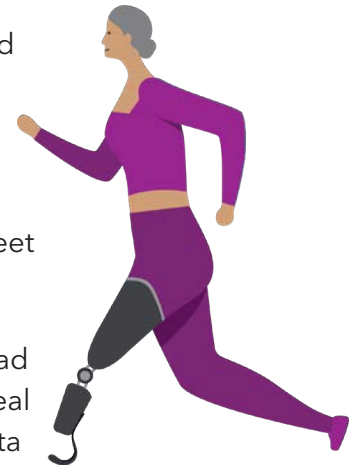
Choose **water** or low-fat or fat-free milk/milk alternatives.



### Foods for **fast fuel**

**Whole grains and starchy vegetables** give your body the quick energy it needs to move.

- Beans, lentils, and peas
- Brown rice
- Corn
- Corn tortillas
- Potatoes and sweet potatoes
- Quinoa
- Whole-grain bread
- Whole-grain cereal
- Whole-grain pasta



### Foods for a **fuel boost**

**Nonstarchy vegetables and fruits** give your body nutrients for good health.


- |            |                |                         |
|------------|----------------|-------------------------|
| • Apples   | • Cauliflower  | • Peppers (bell, chili) |
| • Bananas  | • Leafy greens | • Peas                  |
| • Berries  | • Mangoes      | • Tomatoes              |
| • Broccoli | • Nopales      | • Zucchini              |
| • Cabbage  | • Oranges      |                         |
| • Carrots  |                |                         |




# Help your body be its best by balancing food and exercise!

**DIRECTIONS:** Color in a star for each food group on your plate.  
Aim for a total of 4 stars or more by eating a variety of foods.

## Fruits and Vegetables

 **Red** – Protect cells from damage and good for your heart.


- Apples
- Beets
- Bell peppers
- Cherries
- Cranberries (fresh or dried with no sugar added)
- Grapefruit
- Grapes
- Guava
- Raspberries
- Strawberries
- Tomatoes
- Watermelon

 **Blue & Purple** – Help the brain, cells, and heart to do their job.


- Blackberries
- Blueberries
- Grapes
- Cabbage
- Eggplant
- Prunes
- Raisins

 **Orange & Yellow** – Keep eyes and skin healthy. Help your body fight illness.

- Apricots
- Bell peppers
- Carrots
- Cantaloupe
- Mangoes
- Oranges
- Papaya
- Persimmons
- Pineapple
- Squash
- Tangerines

 **Green** – Keep eyes healthy. Help cells recover after exercise.

- Asparagus
- Bell peppers
- Bitter melon
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cucumber
- Grapes
- Green beans
- Honeydew melon
- Kale
- Lettuce
- Luau leaves
- Seaweed
- Spinach
- Watercress

 **White** – Keep blood vessels healthy to help muscles with physical activity.

- Bananas
- Bean sprouts
- Cauliflower
- Daikon radish
- Jicama
- Lotus roots
- Mushrooms
- Onions

 **Whole Grains and Starches**

Contain fiber to give you long-lasting energy and to lower inflammation.

- Breadfruit
- Corn
- Corn tortillas
- Oatmeal
- Poi/taro
- Potato
- Pumpkin (kabocha)
- Quinoa
- Rice (brown, red, or wild)
- Rye
- Sweet potato
- Whole cornmeal
- Whole-grain bread
- Whole-grain cereal
- Whole-grain pasta
- Whole-wheat crackers

 **Lean Proteins**

Help your body grow stronger.

- Beans (lentils, garbanzo, black, kidney, lima)
- Cheese (low-fat)
- Chicken (skinless)
- Cottage cheese (low-fat)
- Eggs/egg substitutes
- Fish
- Milk (unsweetened low-fat or fat-free)
- Scallops
- Shrimp
- Soy protein
- Soy milk
- Tofu
- Turkey (skinless, deli slices)
- Yogurt (nonfat or low-fat)

 **Healthy Fats**

Fuel your body and help absorb some vitamins. (And a good source of calories for small eaters.)

- Avocado
- Fish
- Olives
- Nut butter
- Nuts
- Seeds (flax, chia, pumpkin, sunflower)

## Total number of stars for your plate:

**0-1**

Time to take action:  
Try some new foods!

**2-3**

Making some smart choices!  
Add one more healthy food to your plate.

**4-8**

**Well done!**