

Lunch & Dinner Place Mat

FRUITS

1 Serving/meal (2-4 servings/day)
Serving = ½ cup

Apple, ½ Banana
Kiwi, Orange, Nectarine, Peach
½ Grapefruit, ½ Mango
½ cup 100% fruit juice
Choose raw fruit more than juice.
It is more filling, has less Calories
and it adds fiber.

Water

8 cups / day

Water is best
Juice, Milk, Soup,
Beverages without caffeine

8 to Hydrate!

8 oz = 1 cup
8 cups = 64 oz
8 cups = 4 pints
8 cups = 2 quarts
8 cups = 4 tall glasses
8 cups = 1.8 Liters

Spreads

Choose tub Margarine
Use Butter sparingly

Avoid other solid fats:
beef fat, chicken fat,
lard, stick margarine,
and shortening

Avoid Saturated and
Trans Fats!

MILK

1 Serving / meal (3 servings / day)

1 cup Milk (1% or Skim)
¾ cup Yogurt
1½ oz natural Cheese
2 oz processed Cheese
2 cups Cottage Cheese

Choose non-fat or low-fat products

VEGETABLES

2 servings / meal (3-5 servings / day)
Serving = ½ cup cooked or 1 cup raw vegetables

Orange veggies:

Acorn squash
Butternut squash
Carrots
Hubbard squash
Pumpkin
Sweet potatoes

Dark Green veggies:

Broccoli
Collard greens
Dark leafy lettuce
Romaine lettuce
Spinach
Turnip greens
watercress
Mustard greens

Other vegetables:

Artichokes
Asparagus
Bean sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Green / Red peppers

Iceberg (head) lettuce
Mushrooms
Onions
Parsnips
Tomatoes
Vegetable juice
Turnips
Zucchini

Low-fat Cooking:

Eat more raw veggies
Avoid overcooking
Steam veggies with water or broth
Avoid cooking with shortening or lard

Flavor without Fat:

Mix in some chopped onion or garlic
Use some vinegar or lemon juice
Add a small piece of ham or smoked turkey
Add lots of herbs and spices
Use low-fat / non-fat salad dressing

GRAINS & STARCH

2 Servings / meal (6-11 servings / day)
Serving = 1 oz = 1 slice of bread, 1 cup dry cereal,
½ cup cooked rice, cereal or pasta.
Make half your grains whole.

Starchy

Vegetables:

Corn
Potatoes
Peas
Lima beans

Refined Grains:

Cornbread
Corn flakes
Corn tortillas
Flour tortillas
Grits
Crackers, Pretzels
Pasta
White Bread
White Rolls
White Rice

Whole Grains:

Brown rice
Cracked wheat
Oatmeal
Popcorn
Muesli
Whole wheat Cereal
Whole wheat Bread
Whole wheat Crackers
Whole wheat Pasta
Whole wheat Rolls
Whole wheat Tortillas
Whole grain Barley
Whole grain Cornmeal
Whole Rye
Wild Rice

MEAT & BEANS

1 Serving / meal (2-3 servings / day) Serving = ~ 3 oz

Very Lean Meat / Protein

Chicken, Turkey
Tuna (fresh, canned in water)
Cod, Flounder, Haddock,
Halibut, Trout
Shrimp, Scallops,
Lobster, Crab, Clams
Egg whites

Lean Meat / Protein

Beef (tenderloin, steak)
Chicken
Salmon
Tuna (canned in oil)
Pork (lean, ham)
Parmesan cheese
Cottage cheese

Dry beans & peas:

Black beans
Black-eyed peas
Garbanzo beans
Kidney beans
Lentils
Lima beans
Navy beans
Pinto beans
Soy beans
Tofu

Oils

Choose liquid plant oils:
Canola
Corn
Cottonseed
Olive
Peanut
Safflower
Soybean
Sunflower
(Except Palm & Coconut)

