

# Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



## Healthy Eating Plate Method





## What is the Eat Well Plate Method?

A visual way that helps people ensure they are controlling their portions of non-starchy vegetables, lean protein, and carbohydrate-rich foods. Along with goals, lifestyle, and tastes, a good meal plan will also include more non-starchy vegetables, fewer added sugars and refined grains, and focus on whole foods.

## How do you start using the plate method?

You should start with a 9-inch dinner plate and...

- ✓ Fill half ( $\frac{1}{2}$  - 50%) with non-starchy vegetables such as salad, green beans, broccoli, cabbage, cauliflower, bell peppers, asparagus, etc.
  - ✓ In other words, your salad/vegetables should be double the size of your carb or protein!
- ✓ Fill one quarter ( $\frac{1}{4}$  - 25%) with a lean protein such as chicken, turkey, beans, tofu, or eggs.
- ✓ Fill one quarter ( $\frac{1}{4}$  - 25%) with carbohydrates such as grains (preferably whole grains), vegetables (peas, potatoes), rice, pasta, beans, fruit, and yogurt. A cup of milk also counts as a carb food.
- ✓ Choose water or a low-calorie/unsweetened drink.



## When can I use the plate method?

You can use it for main meals, snacks, family meals, and mixed dishes. For any meals/mixed dishes, think about the proportions of the food. For example:

- ✓ make half of the food vegetables (prioritize) and fruits (carrots, pineapple, mushrooms, peppers),
- ✓ choose your protein (chicken, tofu, etc.)
- ✓ choose your whole grain (whole grain rice, etc.)



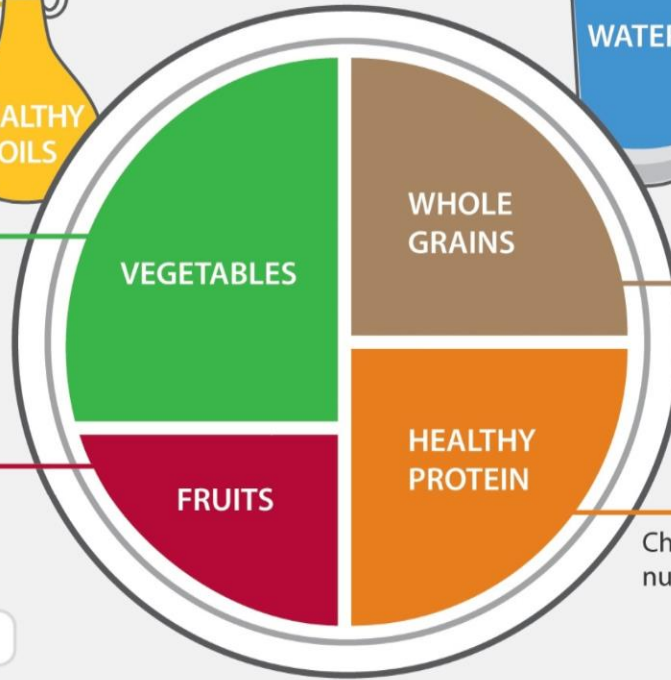
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



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**Remember, not all your meals need to look exactly like this plate. Get creative!**

## PORTION SIZE



**Fun fact!** Food portions are much larger now than they were 20 years ago. One restaurant entrée can equal 3-4 servings.

- ✓ It is important to regulate and control your portions for both weight and blood sugar management.
- ✓ If you are eating out (restaurants, etc.), split the meal in two and enjoy half now and half later.

Below you will find a quick and easy way to estimate your portion sizes whether you are on the go or for your convenience.

- 1. 3 ounces of meat, fish, or poultry**  
Palm of hand (no fingers)
- 2. 1 ounce of meat or cheese**  
Thumb (tip to base)
- 3. 1 cup or 1 medium fruit**  
Fist
- 4. 1-2 ounces of nuts or pretzels**  
Cupped hand
- 5. 1 tablespoon**  
Thumb tip (tip to 1<sup>st</sup> joint)
- 6. 1 teaspoon**  
Fingertip (tip to 1<sup>st</sup> joint)

