



Building Your Plate for a Better Meal

DAIRY & MILK ALTERNATIVES

Nonfat and lowfat
Milk, yogurt and cottage cheese
Soy milk

WHOLE GRAINS

- Whole grain bread
- Whole wheat pasta
- Brown rice
- High-fiber cereal
- Whole wheat tortillas
- Whole wheat soba noodles
- Rice wheat buns



PROTEINS

- Fish
- Tofu
- Eggs
- Seeds
- Lean meat
- Poultry
- Beans
- Nuts

Vegetables and Salads — Lettuce, collard greens, bok choy, watercress, coriander, bamboo shoots, baby corn, kale, mustard greens, Mexican cactus, yams, chilies, squash, jicama, sweet potatoes, carrots, green peppers, broccoli, cauliflower, eggplant, zucchini, green beans, mushroom, spinach, corn, and potatoes (reduce or avoid french fries)

Fruits — Apple, banana, strawberry, orange, kiwi, mango, grape, pineapple, watermelon, peach, pear, guava, cherimoya

FRUITS & VEGETABLES



Essential fats
Use olive or canola oil for cooking and dressing on salad

Adapted from the UCSF Watch Clinic. Garber, A., Drohr, D. (2003)

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net