

lose weight with the



HEALTHY EATING PLATE

One selection from each of the sections of the plate for breakfast, lunch and dinner plus 2 snacks provides about 1,400 calories per day. Adjust calories up as needed to lose only the recommended 1-2 pounds per week.

Fruit

- 17 grapes
- 1/2 banana
- 1 1/4 cup whole strawberries
- 3/4 cup pineapple
- 1 1/4 cup watermelon
- 3/4 cup blueberries
- small apple
- small peach
- 4 oz fruit juice
- 2 tbsp raisins
- 1/4 cup dried fruit

Whole Grain/ Starchy Vegetable

- 1/3 cup cooked rice
- 1/3 cup cooked pasta
- 1 slice of bread
- 1/2 cup sweet potatoes
- 1 small baked potato
- 1/2 cup corn
- 1/2 cup English peas
- 1/2 cup beans (pinto or kidney)
- 1 low carb tortilla

Vegetable

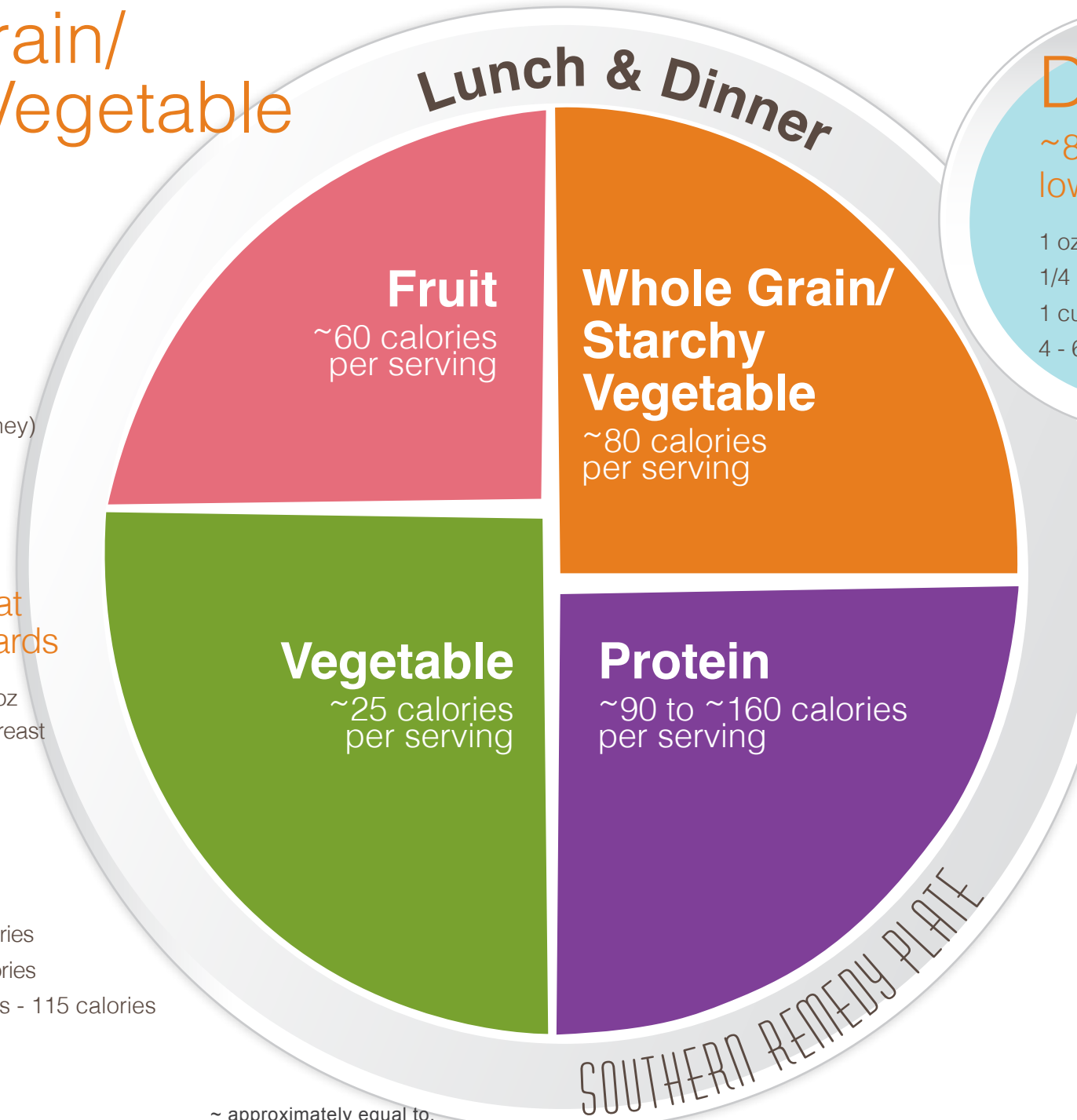
1/2 cup servings

- green beans
- broccoli
- asparagus
- tomato
- okra
- squash
- zucchini
- carrots
- lettuce
- cucumbers
- turnip greens
- cabbage

Protein

3 oz serving of meat
size of a deck of cards

- pork tenderloin - 40 calories/oz
- boneless, skinless chicken breast - 30 calories/oz
- sirloin - 50 calories/oz
- flank steak - 40 calories/oz
- grilled fish - 40 calories/oz
- shrimp - 25 calories/oz
- 1/4 cup mixed nuts - 160 calories
- 1 tbsp peanut butter - 80 calories
- 1 cup edamame (soy) beans - 115 calories



Dairy

~80 Calories per serving
low fat or fat free

- 1 oz cheese (size of 2 dominoes)
- 1/4 cup cottage cheese
- 1 cup milk
- 4 - 6 oz yogurt

- 2 oz= 1/4 cup
- 3 oz= 1/3 cup
- 4 oz= 1/2 cup
- 5 oz= 2/3 cup
- 6 oz= 3/4 cup
- 8 oz= 1 cup

Snacks

~120 calories

A combo of a carb and protein is a good choice.

- 1/2 cup carrots & 1/4 cup hummus
- 6 crackers & 1 oz low fat cheese
- apple & 1 tbsp peanut butter
- 17 grapes & 1 oz low fat cheese
- small serving of cereal and milk
- 2 tbsp raisins & 1 oz almonds
- 4 - 6 oz Greek yogurt (0% fat) & 1/2 cup fruit
- 1/2 cup light ice cream
- 1/2 oz almonds

Beverages

0 calories - unsweetened

- tea
- coffee
- water
- diet soda

~ approximately equal to.

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Whole Grain

- 1 serving no sugar added, high-fiber cereal
- 1/2 bagel
- 1 slice bread
- 1/2 cup oatmeal
- 1 waffle
- 1 pancake
- 1/2 cup grits
- 1/2 english muffin

Protein

- 3 pieces of turkey bacon
- 2 small turkey sausage links
- 2 eggs (1/2 cup substitute)
- 1 - 2 tbsp peanut butter

Dairy

~80 Calories per serving low fat or fat free

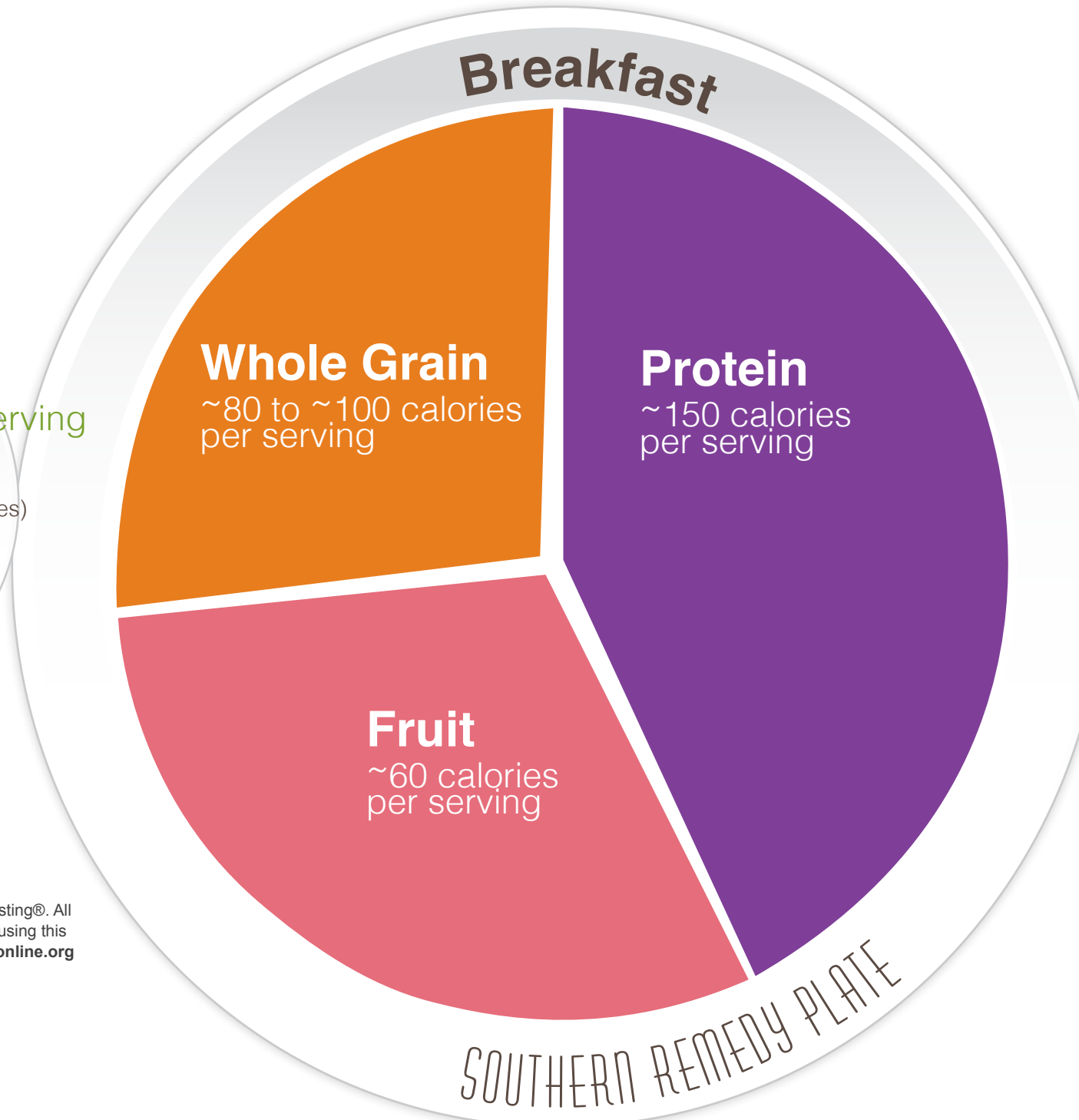
- 1 oz cheese (size of 2 dominoes)
- 1 cup milk
- 1/4 cup cottage cheese
- 4 - 6 oz yogurt

Fruit

- 17 grapes
- 1/2 banana
- 3/4 cup pineapple
- 3/4 cup blueberries
- 1 1/4 cup watermelon
- 4 oz fruit juice
- small apple
- small peach
- 2 tbsp raisins
- 1/4 cup dried fruit
- 1 1/4 cup whole strawberries

~ approximately equal to.

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Dr. Rick's Tips for Success

1. Calculate your body mass index (BMI) by using a BMI chart. One is provided on the Southern Remedy Food Challenge.
2. Read labels - look at calories per serving and serving size for more exact measures.
3. Don't go below 1,200 calories per day for women and 1,600 calories for men - your body needs it.
4. Don't add salt or sugar.
5. Use salt-free spices for taste.
6. Shop the outside aisles in the grocery.
7. Avoid processed or fried foods.
8. Avoid food with high levels of salt, sugar, corn syrup & fat.
9. Use a measuring spoon or cup.