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
- 4 oz fruit juice
- 2 tbsp raisins
- 1/4 cup dried fruit

**Whole Grain/Starchy 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

**Vegetable**
- 1/2 cup servings

**Dairy**
- ~80 Calories per serving
  - 1 oz cheese (size of 2 dominoes)
  - 1/4 cup cottage cheese
  - 1 cup milk
  - 4 - 6 oz yogurt

**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
  - water
  - diet soda

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