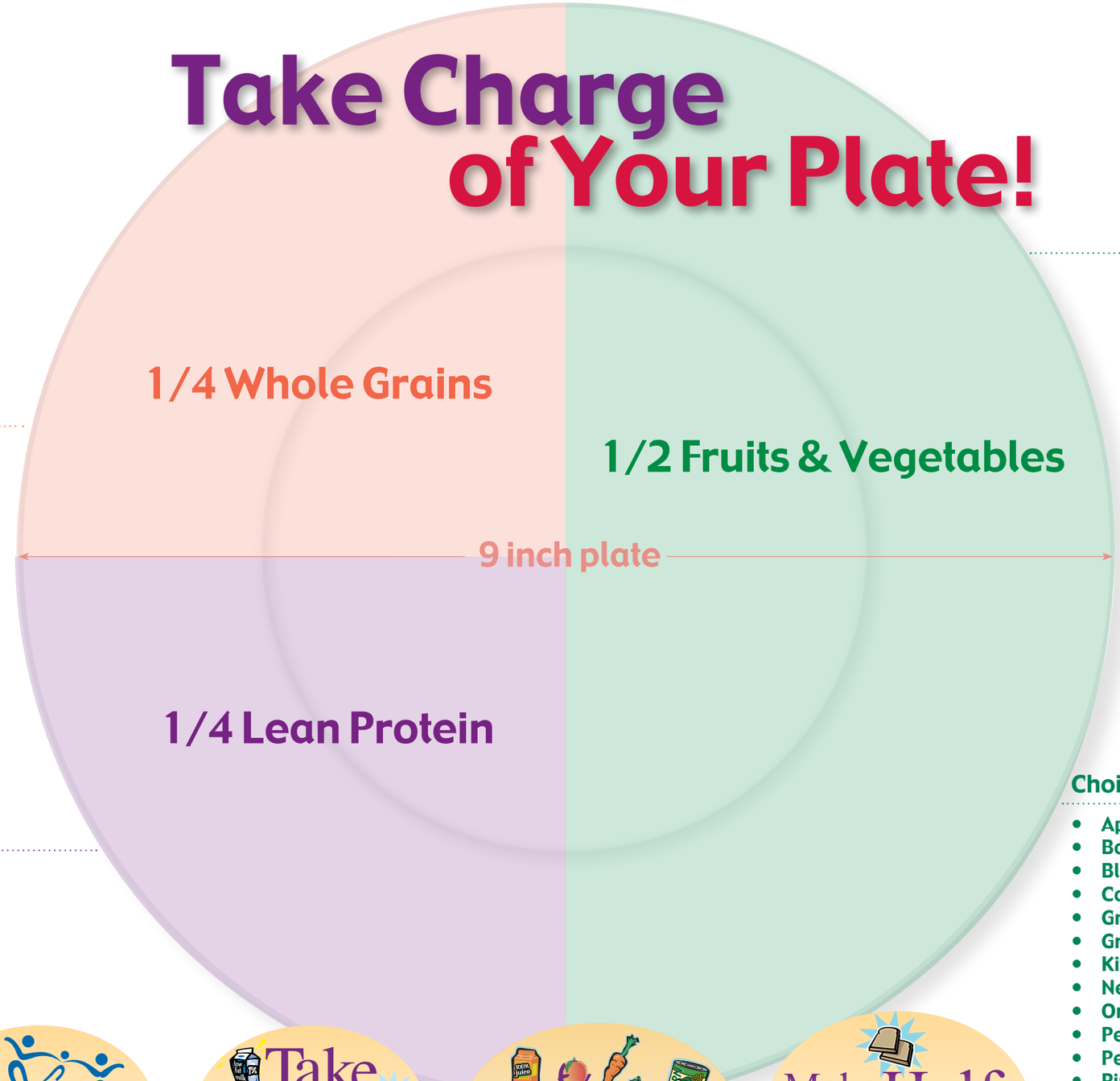
Take Charge of Your Plate!

It's Your Health... Take Charge!



Choices for Whole Grains:

- Whole grain bread
- Whole grain muffins
- Whole grain bagels
- Whole grain rolls
- 100% bran cereal
- Raisin bran
- Brown rice
- Whole rye crackers
- Whole grain flatbread
- Multigrain crackers
- Popcorn
- Sunflower seeds
- Pumpkin seeds

Serving Size—1/2 cup or the size of a cupcake

Choices for Lean Protein:

- Egg whites
- Tofu
- Chicken (no skin)
- Turkey (no skin)
- Sirloin (cut away extra fat)
- Flank steak
- Pork loin
- Fish (two times a week)
  - Salmon
  - Tuna
  - Flounder
  - Catfish
- 90% Lean Ground Beef

Serving Size—3 ounces or the size of a deck of cards

Choices for Fruits:

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Tangerines
- Watermelon

Choices for Vegetables:

- Asparagus
- Baked beans
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Green beans
- Kale
- Leafy greens
- Lima beans
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Rutabagas
- Spinach
- Squash
- Sweet potatoes
- Turnip greens
- Zucchini

Serving Size—1/2 cup or the size of 1/2 a baseball

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For more information:
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Office of Public Health Nutrition

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