



# Reduced Energy Plate

**Dairy: 1-2 per day**



**Examples-** milk, yogurt, protein shakes, cheese, cottage cheese

**Examples-** chicken, beef, pork, fish, eggs  
Greek yogurt, whey protein, cottage cheese

**Plants: 1/2 your plate**

**Examples-** salad, cooked veggies, salsa, pasta sauce, fruit, baked beans, refried beans, chili

**Lean Protein: 1/4 your plate**

**Starchy Carbohydrate: 1/4 your plate**

**Low calorie sweets: 0 to 1 servings**



No need to eliminate, just cut back

**Examples-** fudge pops, single serving chocolates, 0 calorie soda, smaller portions of anything

**Examples-** rice, pasta, bread, potato, cereal, corn, tortillas, oats, granola. Choose whole grains often!