Reduced Energy Plate

Dairy: 1-2 per day
- milk, yogurt, protein shakes, cheese, cottage cheese

Lean Protein: ¼ your plate
- chicken, beef, pork, fish, eggs
- Greek yogurt, whey protein, cottage cheese

Plants: ½ your plate
- salad, cooked veggies, salsa, pasta sauce, fruit, baked beans, refried beans, chili

Starchy Carbohydrate: ¼ 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!