

## build a better plate

**Building a more balanced plate can help you maximize meal time, nourish your body, and help you feel better.**

Below are recommendations modified from the American Institute for Cancer Research's (AICR) *New American Plate* to help you get started.

### **Focus on a visual approach to eating:**

$\frac{2}{3}$  (or more) of the plate covered with fruits, vegetables, whole grains, or beans.

Aim for  $\frac{1}{3}$  (or less) of the plate covered with animal protein (dairy, beef, pork, chicken, turkey, eggs).

**Limit red meat to 18 ounces per week.**

**Choose foods that lower the risk of diseases:** Pick foods like fruits, vegetables, whole grains, beans and legumes, nuts and seeds, and lean protein. Include beans, peas, and lentils in your diet. Try to incorporate multiple times each week.



**Limit or Avoid:** Processed meats (deli meat, hot dogs, bratwursts, ham, bacon).

**Variety:** Eat a variety of fruits and vegetables. Raw, cooked, canned, dried, and frozen all contain important vitamins and minerals.

### **Additional Tips to Help Build a Better Plate:**

- Eat a variety of foods. No single food can provide you all the necessary nutrients.
- Choose water and limit drinking sugar-sweetened beverages (regular soda, energy drinks, sweet tea, lemonade, fruit punch).
- Enjoy low-fat dairy products (cheese, milk, yogurt, kefir).
- Limit or avoid drinking alcohol.
- Limit intake of high-fat and high-sugar foods (cookies, chips, candy, ice cream, crackers, baked goods).
- Enjoy whole grains. Whole wheat bread, oats, brown rice, and other whole grains and cereals provide fiber, vitamins and minerals. These important nutrients can help with blood sugar control and improve heart and gut health.