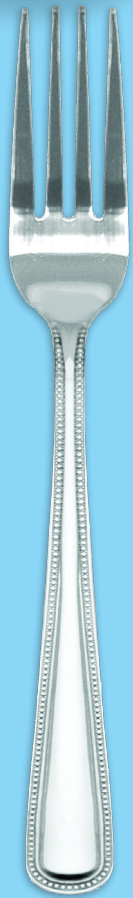
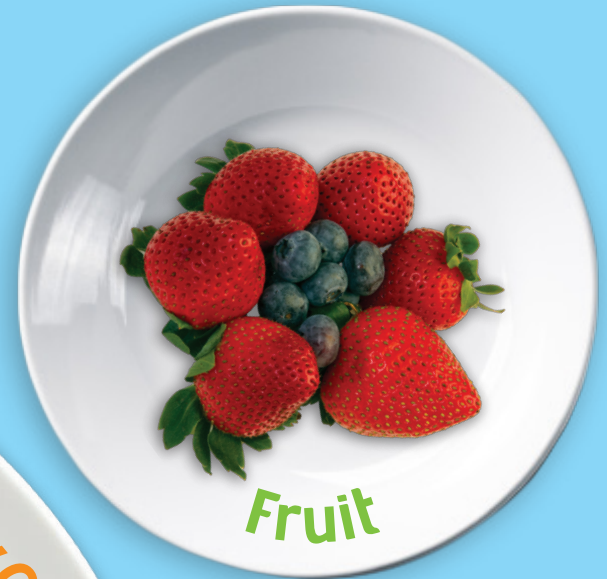


EatWell PLATE

A recommendation for each meal based on your plate size.



GOVERNMENT OF BERMUDA
Ministry of Health
Department of Health



Bermuda Hospitals Board



www.EatwellBermuda.org
www.health.gov.bm

Choose Your Plate Size

- **Small** – 5-8" Women & Some Older Adults
- **Medium** – 8" Children, Teenage Girls, Active Women & Most Men
- **Large** – 10" Teenage Boys & Active Men

VEGETABLES	FRUITS	STARCHES/ GRAINS	MEAT/MEAT ALTERNATIVES	CALCIUM RICH ALTERNATIVES or LOW FAT DAIRY
<ul style="list-style-type: none"> • Fill ½ plate with non-starchy vegetables <p>Suggestions:</p> <ul style="list-style-type: none"> • Dark leafy greens, carrots, string beans, cauliflower, beets, zucchini, tomatoes • Starchy vegetables may also be used instead of a grain <p>Suggestions:</p> <ul style="list-style-type: none"> • Corn, Green peas, potatoes, yams, butternut squash, beans 	<ul style="list-style-type: none"> • Include a fruit with the meal • Choose whole fruit rather than 100% juice <p>Suggestions:</p> <ul style="list-style-type: none"> • Choose fresh, canned in its own juice or dried 	<ul style="list-style-type: none"> • Fill ¼ of the plate with starches/grains • Make at least half of the grains whole <p>Suggestions:</p> <ul style="list-style-type: none"> • Brown rice, wild rice, whole wheat pasta, 100% whole wheat roll, cornbread, barley, quinoa 	<ul style="list-style-type: none"> • Fill ¼ of plate with meat or meat alternatives <p>Suggestions:</p> <ul style="list-style-type: none"> • Eat a variety of foods such as seafood, beans, peas, tofu, nuts, lean meats, poultry and eggs 	<ul style="list-style-type: none"> • Include a calcium rich alternative or low fat dairy choice with the meal <p>Suggestions:</p> <ul style="list-style-type: none"> • Low fat milk, yogurt and cheese • Calcium fortified Soymilk, rice milk, almond milk • Lactose free milk • Calcium fortified juice/foods

- **Fat** – Choose low fat salad dressings, sauces and gravies
- **Breakfast** – Can include foods from the EatWell Plate or select a grain, fruit and calcium rich choice