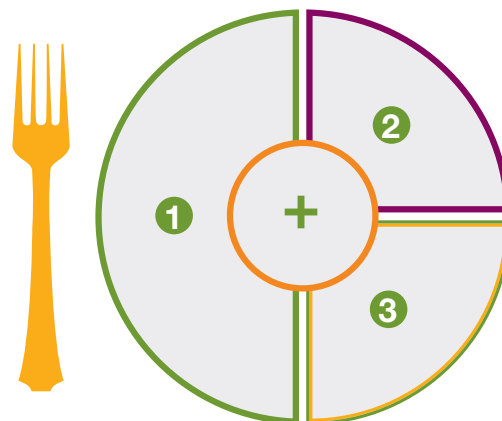


## BALANCING ACT! FOOD CHOICES



A balanced plate has three parts. Think 1 – 2 – 3 +.

1. Vegetables and fruits are **green/go foods**.
  2. Protein foods are shown in **purple**.
  3. Choices:
    - Beans – **green/go foods**
    - Starchy vegetables and whole grains – **yellow/be careful foods** (watch portions carefully)
    - Some starchy vegetables and grains – **red/stop and think foods** (not the best choices)
- + Add **fat**.



## Food Choice Lists

1. Green/Go Foods			
Non-Starchy Vegetables		Fruits	
Broccoli	Mushrooms	Apple	Pear
Carrots	Peppers	Berries	Peach
Cucumber	Spinach	Clementine	Plum
2. Protein Foods			
Cheese	Egg	Turkey	Veggie burger
Chicken	Fish	Turkey ham	Yogurt
3. Green/Go Foods or Yellow/Be Careful Foods			
Beans			
Black beans	Edamame	Kidney beans	Pinto
Cannellini beans	Garbanzo beans	Lentils	Refried beans
Starchy Vegetables		Whole Grains	
Butternut squash	Green peas	Brown rice	Whole-grain bread
Beets	Sweet potato	High-fiber/low-sugar cereal	Whole-grain crackers
Red/Stop and Think Foods			
Starchy Vegetables		Grains	
Corn	Mashed potato	Cereal (most kinds)	White bread
French fries	White potato	Crackers (most kinds)	White rice
+ Fat			
Avocado/guacamole	Cream cheese	Nuts	Peanut butter
Butter/margarine	Italian dressing	Oil (canola, olive)	Seeds

You can probably think of more choices!



# BALANCING ACT! MY CHOICES

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EAT "BALANCED" MEALS — FOLLOW A PLATE MODEL

Create your own breakfast, lunch, and dinner using the plate model and food choice lists (see your hand-out).



\*Dinner Example

Meals	1	2	3	+
<b>Examples</b>				
<b>Breakfast</b>	Tomato Salsa	Scrambled Egg	Black Beans	Canola oil (for cooking egg)
<b>Lunch</b>	Carrots, Celery Apple	Cheddar Cheese	Whole-Grain Crackers	Ranch Dressing (for dipping)
<b>Dinner*</b>	Salad Greens, Tomato Strawberries	Grilled Chicken	Sweet Potato	Oil-Based Salad Dressing
<b>Your Turn</b>				
<b>Day 1</b>				
<b>Breakfast</b>				
<b>Lunch</b>				
<b>Dinner</b>				
<b>Day 2</b>				
<b>Breakfast</b>				
<b>Lunch</b>				
<b>Dinner</b>				