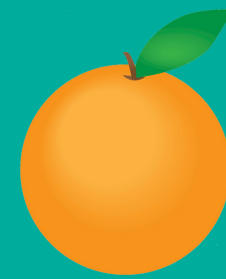


Healthy Plate



UCR
Healthy
Campus

Fruit-Vegetables

Choose whole fruit as a snack. Limit fruit juice. Fill $\frac{1}{2}$ plate or more with non-starchy vegetables. Select a wide variety of colors for maximum nutrition.

Water

Drink water, tea or coffee with little or no sugar. Avoid drinks with added sugars.

Activity

Aim for 150 minutes (2 hours, 30 minutes) of moderate physical activity each week.

Dairy and Dairy Alternatives

Have 1 to 3 servings of dairy or unsweetened dairy alternatives such as almond, hemp, or rice milk.

Healthy Oils and Fats

Go for healthy oils and fats such as olive oil, unrefined coconut oil, walnuts, and avocados. Avoid trans-fat (hydrogenated vegetable oils)

Healthy Protein

Fill $\frac{1}{4}$ plate with 2 to 3 ounces of lean meat, poultry, fish, or plant-based protein. Avoid cold-cuts and processed meat.

Whole Grains and Healthy Starches
Fill $\frac{1}{4}$ plate with whole grains. Limit refined grains and carbohydrates.



- Vegetables, fruits, whole grains, and beans are low in calories and full of fiber, vitamins, and minerals. Filling your plate with these foods may reduce the risk of cancer and heart disease and help with weight loss.
- There are many non-dairy sources of calcium, including salmon, legumes, and green vegetables, such as kale, collard greens, spinach, okra, and broccoli. If you prefer dairy, it can be included in an overall healthy diet in appropriate portions and from low-fat sources.
- Include fermented foods and drinks for beneficial probiotics and optimal gut health and digestion. Examples include cultured vegetables, sauerkraut, non-flavored low fat yogurt, kombucha, and kefir.
- Avoid overly processed and packaged foods with ingredients that are difficult to understand.

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Healthy Plate Definitions

Healthy Plate Sections	Green Light Anytime Foods (every day)	Yellow Light Now and Then Foods (2 to 4 times/week)	Red Light Sometime Foods (1 to 3 times/month)
Vegetables (2 ½ to 3 cups per day) 1 cup serving = 2 cups of raw leafy; 1 cup raw or cooked; 1 cup vegetable juice	All vegetables (raw, frozen, or lightly steamed, and rich in colors) and vegetable juices.	Coleslaw with low calorie mayonnaise, starchy vegetables, (potatoes, peas, corn), canned vegetables, vegetables with low-fat ranch dressing	French fries, onion rings, mashed potatoes au gratin, hash browns, and any other fired vegetable or vegetable in a creamy/cheesy sauce.
Grains (5 to 7 ounces per day) 1 ounce serving = 1 slice; ½ cup cooked cereal; 1 cup dry cereal; ½ cup rice	Whole grains (brown rice, 100% whole wheat bread, whole grain pasta, quinoa, farro, millet, buckwheat, oatmeal, plain popcorn)	Refined grains (white rice, bread, pasta, most crackers, frozen waffles, frozen and homemade pancakes, egg noodles), low-fat granola, low-fat corn, bran muffins.	Pastries, biscuits, croissants, donuts, stuffing, buttery crackers, ramen noodles, French toast, macaroni and cheese, cornbread.
Protein (5 to 6 ounces per day) 1 ounce serving = 1-ounce meat; 1 egg; ½ ounce nuts; 1 tablespoon nut butter; ¼ cup cooked beans	Plant-based sources (beans/lentils, all-natural nut butters, unsalted nuts and seeds), varieties of fish (broiled, grilled or steamed), pork tenderloin, white meat poultry whole eggs or egg whites	Lean beef (7% fat or less; lean cuts include sirloin, round, brisket, flank), skinless dark meat poultry	Fried meat, duck, goose, bacon, chicken wings, liver, hot dogs, sausages, fried fish, salami, ribs, prime rib, marbled meat, refried beans with lard, lunch meat (watch sodium and additives) Fruit jello, fruit cocktail,
Fruits (1 ½ to 2 cups per day) ½ cup serving = 1 small piece; ½ cup raw; ¼ cup dried; ½ cup juice	All fresh, frozen, and canned in own juice	Unsweetened coconut, dried fruit	canned fruit in syrup, fruit drinks, fruit pies, 100% fruit juice
Dairy (1 ½ to 2 cups per day) 1 cup serving= 8 ounces milk; 8 ounces yogurt; 1 ½ ounces cheese; 8 ounces milk alternative	2% and low-fat milk products, enriched dairy alternatives (almond, hemp, coconut, rice milk-unsweetened), low-fat fermented milk products (kefir), low-fat Greek yogurt, 1% cottage cheese	Whole milk products, plain yogurt and cheese, frozen yogurt, half and half.	Eggnog, ice cream, milk shakes, cheese spreads, whipped cream, artificially sweetened yogurts, fruit on the bottom yogurts, flavored coffee creamers.
Oils Spread, Dressings (5 to 6 teaspoons per day) 1 teaspoon serving= 1 teaspoon nuts/seeds; 1 tablespoon dressing; 5 olives	Vinaigrette dressing (oil and vinegar), olive, avocado (or 1/8 of fruit), unrefined coconut, walnut, peanut, and flax oils, olives (aim for healthy fats), grass-fed butter	Low-fat creamy dressings, canola oil dressings, canola/olive oil mayonnaise. Miracle Whip, low-fat sour cream, cream cheese	Gravy, sour cream, margarine, trans-fats (partially hydrogenated vegetable oil), shortening, lard, mayonnaise, creamy dressings, cookies, cheesecakes, cakes.

Use the healthy plate as a template to create a healthy meal.

You can make adjustments to your plate based on your lifestyle and needs.

To be optimally hydrated, drink half your body weight in ounces of water daily.