



Portions on Plates

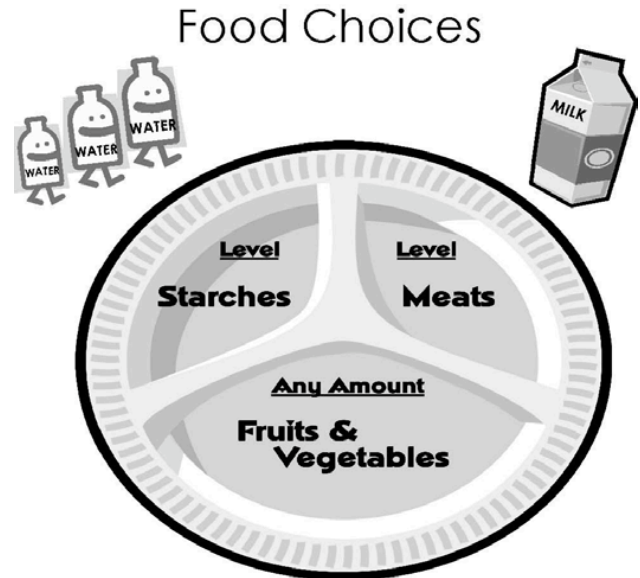
Eating right and being physically active are not just a “diet” or a “program,” they are keys to a healthy lifestyle. We need to make smart choices from every food group, find our balance between food and physical activity, and get the most nutrition from our calories.

Nutrition advice can be confusing. Eating right according to what is recommended is often very difficult to put into real-life practice. This is especially true of getting the most nutrition from our calories. For each of us there is a right number of calories to eat daily—this number depends upon our age, activity level, and whether we are trying to gain, maintain, or lose weight.

Portions on a Plate

How can we simplify eating right? One way is to “eat proportionally” and to use a 9-inch round plate (9” eating surface) as a guide to eating. A “compartmented” plate may be helpful when you first start eating this way. (Paper, plastic, and ceramic versions are readily available).

1. **Vegetables and fruits** fill half the plate; pile it as high as you’d like. Vary your choices, and eat vegetables and fruits of different colors, textures, and shapes. If you are still hungry for a second serving, go right ahead. Choose a low fat dressing. This is the largest section of a compartmented plate.
2. A **starch** fills a fourth of the plate not more than 1/2-inch high. Choices should generally be low in fat. The occasional high fat starch such as French fries should be limited to half of a small package. Choose whole grains whenever possible. Starch fits into one of the small sections of a compartmented plate.



3. A **protein** food would fill the remaining fourth of the plate. Choices should generally be low in fat. Your portion of the occasional high fat protein food should be limited, such as one fried chicken thigh. A protein food goes into one of the small sections of a compartmented plate.
4. Drink **water** with and between meals.
5. Consider drinking low-fat or fat-free **milk**.

Portions on plates: eating right simplified.

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW



Homemade Recipes for Vegetables and Fruits

Thousand Island Dressing

1 carton (6-8 ounces) low fat vanilla yogurt
1/4 cup tomato catsup
1/4 cup pickle relish
Pepper to taste

Mix all ingredients together.

Piña Colada Sauce

1 carton (6-8 ounces) low fat vanilla yogurt
6 ounces frozen pineapple juice concentrate
Coconut extract flavoring to taste

Combine ingredients in a blender or food processor. Chill and serve with sliced fruit or vegetable crudités.

Ginger Citrus Dressing

1/4 cup grated ginger root
2-4 tablespoons fresh lemon or lime with grated peel
1 cup rice vinegar
1/4 cup honey

Mix all ingredients together for a tasty dressing.

Salsa

1 can (28 ounces) tomatoes (mashed)
1/4 cup minced onions (round and/or green onions)
1-2 teaspoons lemon or lime juice
2 tablespoons cilantro (Chinese parsley)
Chili pepper or hot sauce to taste

Mix all ingredients together and enjoy with veggies.

Tartar Sauce

1 carton (8 ounces) low fat vanilla yogurt
1/4 cup chopped dill pickles OR pickle relish
1 teaspoon minced pickled capers
Pepper to taste

Blend all ingredients well. Best if chilled 12 hours.

Visit our Nutrition Education for Wellness (NEW) website at www.ctahr.hawaii.edu/NEW