Nutrition information can be very confusing. Instead of memorizing or guessing how much to eat, there is a simple way to just eat. It’s called the plate method.

Half of the plate is filled with fruits and veggies and they can be piled up as high as we want. A starch fills a fourth of the plate and a protein food the remaining fourth of the plate.

Starches are foods such as rice, bread, pasta or other types of noodles. There are also starchy veggies such as potato or sweet potato, corn, peas, taro or poi.

Protein foods are meats such as beef or pork, chicken, turkey, fish and other seafoods. Non-animal protein foods are beans, tofu, and nuts.

### Thousand Island Dressing

**Ingredients:**
- 1 (8 ounces) lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

**Directions:**
1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

**Variations:**
Use as a dressing or dip for vegetables and salads in place of mayonnaise.

* Please check with your doctor or health care professional before making dietary changes.