Eat a small amount of fruit 3 to 4 times a day.

Whole-grain breads, pasta, brown rice, corn, peas, potatoes.

Fish, chicken, turkey, eggs, beans, lentils, nuts. (Limit red meat and cheeses.)

Broccoli, carrots, mushrooms, peppers, beets. Eat as many different colored non-starchy vegetables as you like.

Limit sugar, salt, and fat in all meals.

Be active every day!

Use healthy oils (Limit Butter.)

Nine-inch Plate