

# My Plate Planner for Adults



Consider fruit as a healthy option for dessert.

The Plate Method is one way to plan meals for you and your family.

You do not have to count anything or read long lists of foods.

All you need is a 9-inch plate.



1/4 protein. 1/4 grains. 1/2 fruits and vegetables.

9-inch plate



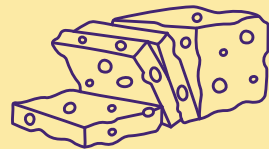
# Plan Your Meal

Choose more whole foods and fewer highly processed foods when possible. When choosing processed foods, look for food with less sodium and less added sugar by reading the Nutrition Facts label.

When eating dairy products, choose low-fat or nonfat and unsweetened products.



Yogurt



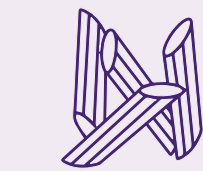
Cheese



Unsweetened Nondairy Milk Alternatives



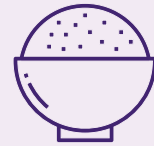
Milk



Whole-Wheat Pasta



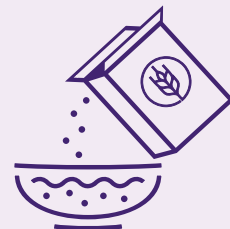
Whole-Grain Bread



Brown Rice



Oatmeal



Whole-Grain Cold Cereal  
Look for low- or no-sugar options.



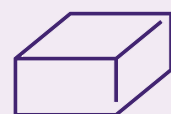
Quinoa or Barley



Peanut or Other Nut Butter  
Look for lower sodium options with no added sugar.



Beans, Peas, or Lentils



Tofu



Nuts



Fish  
Choose types of fish that are lower in mercury.



Eggs



Chicken

**1/4 Grains**

Whole grains have more fiber than refined grains.

Bake, broil, boil, or steam your protein instead of frying. Plant proteins such as beans, peas, lentils, and tofu are healthy options.

**1/4 Protein**

**1/2 Fruits and Vegetables**

Fill half your plate with more than one vegetable so you will not get tired of your favorites. Eat a variety of vegetables, including dark green, red, orange, and starchy.



Spinach



Kale



Bananas



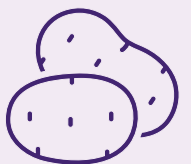
Oranges



Broccoli



Yams



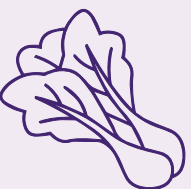
Potatoes



Corn



Apples



Bok Choy



Carrots



Collard Greens



Green Peas



Okra



Green Beans

For recipes, resources, and food assistance, call **311**, visit [nyc.gov/nutrition](https://nyc.gov/nutrition), or scan the QR code.

