

What's on your plate?

Starch

Whole grains

Whole wheat bread
Whole wheat pasta
Oatmeal
Quinoa
Bulgar
Brown rice
Tortillas

Starchy veggies

Corn
Peas
Plantains
Red potatoes
Sweet potatoes
Cassava
Yautia
Ñame
Yams
Pumpkin/
Squash

Refined starches

White rice, bread, pasta
Bagels
Pastries
Croissants
Muffins
Sweet bread

Eat these starches more often

Eat these starches sometimes

Eat these starches less often



1/2 veggies (size of your hand)



1/4 protein (size of your palm)



1/4 starch (size of your fist)

Proteins

Plant-based proteins

Beans (black or pinto)
Lentils (brown or green)
Nuts (almonds, peanuts)
Soy (tofu, edamame)

Lean animal proteins

Chicken
Turkey
Fish (Salmon, Albacore tuna)
Eggs
Reduced fat cheese

Animal proteins

Beef
Pork (bacon, sausage, pork chops)
Lamb
Deli meats

Eat these proteins more often

Eat these proteins less often

Non-starchy veggies

Asparagus	Chayote	Peppers
Bean sprouts	Cucumber	Radishes
Beets	Eggplant	Salad greens (lettuce, arugula, spinach, watercress)
Brussels sprouts	Green beans	Squash (summer, zucchini)
Broccoli	Greens (collard, kale)	Sugar snap peas
Bok choy	Leeks	Swiss chard
Cabbage	Mushrooms	Tomato
Carrots	Nopal	Turnips
Cauliflower	Okra	
Celery	Onions	

Eat these veggies all the time

Goals

- Aim to eat **non-starchy veggies** 1-2 times per day.
- Aim to have **whole grains** 1-2 times per day.
- Aim to have **plant-based or lean animal proteins** most of the week.

- _____
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Talk to your CHN nutritionist if you have more questions!



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