What Is a HEALTHY PLATE?

- Fill one-quarter of your plate with a healthy protein source.
- Fill one-quarter of your plate with a healthy grain or starch.
- Fill half of your plate with non-starchy vegetables.

- Black beans, quinoa, and grilled vegetables
- Chicken, corn, carrots, and green beans
- Black-eyed peas, yams, and collard greens
- Chicken, Spanish brown rice, and nopales
- Fish tacos with corn tortillas, cabbage, and salsa

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