

# My Healthy Eating Plan

## Sweets

Name \_\_\_\_\_

Date \_\_\_\_\_

### Limit

- Juices
- Sodas
- Candy
- Ice Cream



### Replace with\*

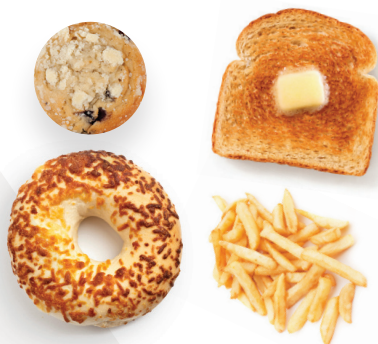
- Unsweetened Coffee/Tea
- Mineral Water/Club Soda
- Fresh Whole Fruit (Apple/Orange)
- Low-Fat Plain or Greek Yogurt with ½ Cup of Fresh Strawberries or Blueberries
- Sugar-Free Jello



## Carbohydrates/Starches

### Limit

- Muffins
- Bagels
- White Bread
- White Rice
- Fries
- Plantains
- Cassava



### Replace with\*

- 1 Slice of Whole-Wheat Toast
- ½ Cup of Oatmeal
- Fresh Fruit
- ½ Cup of Beans
- 1 Cup of Squash
- ½ Cup of Peas
- Side Salad
- Small Baked Potato
- Small Sweet Potato



## Snacks

### Limit

- Crackers
- Donuts
- Chips
- Cakes/Cookies

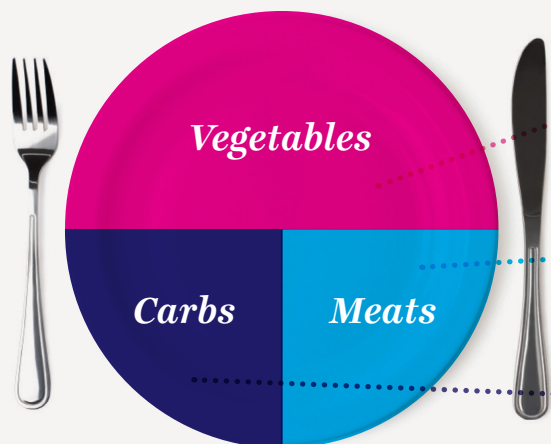


### Replace with\*

- 4-6 Whole-Grain Crackers
- 1 Whole-Grain Tortilla
- 100-Calorie Pack of Popcorn
- ¼ Cup of Unsalted Nuts
- 2 Tablespoons of Hummus
- Sliced Fresh Vegetables



## Building Your Plate



- |                       |                  |                              |
|-----------------------|------------------|------------------------------|
|                       |                  |                              |
| • Tomato              | • Carrots        | • Broccoli                   |
| • Lettuce             | • Eggplant       | • Asparagus                  |
|                       |                  |                              |
| • Chicken             | • Turkey         | • Fish                       |
|                       |                  |                              |
| • Small Baked Potato  | • ½ Cup of Beans | • ½ Cup of Whole-Wheat Pasta |
| • ⅓ Cup of Brown Rice | • ⅓ Cup of       |                              |

## Always

Drink plenty of water.

Consume alcohol in moderation.

\* Talk to a nutritionist about the appropriate serving sizes for you.

For more information, go to [www.mountsinai.org/nutritiontips](http://www.mountsinai.org/nutritiontips)

