

Oklahoma Pick Your Plate Method



Fruit

(1 serving = 15 grams of carbohydrates)

Fill your 9" plate using the Oklahoma Pick Your Plate Method for a healthy and balanced meal!

(1 serving = 15 grams of carbohydrates)

Grain | Bread Starch

Non-Starchy Vegetables



Dairy

(1 serving = 15 grams of carbohydrates)

Protein

The American Diabetes Association and the American Heart Association recommend filling half your plate with vegetables at each meal.

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BUY FOR LESS

SMART SAVER

Your Local COST PLUS Partnership

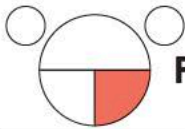
FOX 25

OKC COUNTY
HEALTH
DEPARTMENT

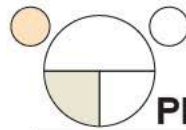
TOTAL WELLNESS

One, Two, You Choose

Choose one item from the lean protein and dairy column, and two items from the vegetables and grains/fruit columns to fill your plates. Mix & Match for healthy meals in MINUTES!

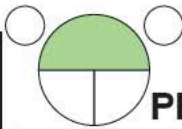


PICK 1

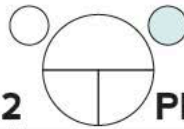


PICK 2

Protein (3 ounces, unless specified)	
	Chicken or Turkey
	Fish
	Steak
	1/2 cup Tuna
	3/4 cup Cottage Cheese
	1 Hotdog
	Pork Loin or Chop
	2 oz. Cheese
	Shrimp
	Lean Ground Beef
	Ham
	Tofu
	2 Eggs or 1 cup Egg Substitute
	Lunch Meat
	3 Tbsp. (small handful) Nuts
	1 1/2 Tbsp. Peanut Butter
	2 slices bacon
Any breaded meat also counts as a carbohydrate.	



PICK 2



PICK 1

Vegetables (1 cup raw or 1/2 cup cooked)	
	Broccoli or Cauliflower
	Peppers
	Green Beans
	Mixed Salad Greens
	Carrots or Celery
	Non-Pickled Beets
	1/2 cup Vegetable Juice
	Spinach
	Tomatoes
	Brussel Sprouts
	Yellow Squash or Zucchini
	Cucumbers
	Eggplant
	Okra
	Asparagus
	Mushrooms

Dairy (8oz = 1 glass)	
	Almond Milk
	Lactaid
	Soy Milk
	1/2 cup Pudding
	6 oz Yogurt
	Buttermilk
	Cows Milk
	1/2 cup Ice Cream
Fortified with Vitamin D	



Grains/Fruit (15 g carbohydrates)	
	Piece of Fruit
	1/2 cup Brown Rice or Pasta
	1/2 cup Canned Fruit, Fruit Salad or Apple Sauce
	1/2 cup Beans or Lentils
	1 cup Berries, Grapes or Melon
	3 cups Popcorn
	1/2 cup Juice
	4-6 Wheat Crackers or 1oz (6-12) Chips
	1/2 a bar or 1/4 cup Granola (read food label)
	1/2 English Muffin, Bun or Biscuit
	1/2 cup Corn or Peas
	1/2 Banana or Mango
	1/2 cup Potato White or Sweet
	3/4 cup Dry Cereal or 1/2 cup Oatmeal
	1 slice Bread or 2 slices Low-Calorie
	2 Tbsp. Dried Fruit
	1 Flour 6" or 2 Corn Tortillas
Breeding on anything	

