Oklahoma Pick Your Plate Method

Non-Starchy Vegetables

Fruit
(1 serving = 15 grams of carbohydrates)

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

Grain | Bread
Starch
(1 serving = 15 grams of carbohydrates)

Protein

Dairy
(1 serving = 15 grams of carbohydrates)

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

TOTAL WELLNESS
occhd.org | 405.419.4052
totalwellness@occhd.org
Easy As One, Two, Three

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

**Pick 1: Protein**
- Chicken or Turkey
- Fish/Tuna/Shrimp
- Beef
- Pork/Cod or Pork/Loin
- 2 oz Cheese
- Ham
- 1 Cup Tofu
- 2 Eggs or 1 cup Egg Substitute
- 1 1/2 Tbsp Nut Butter
- 3 Slices Bacon
- 1/4 cup Textured Veg Protein
- 3 Tbsp Soy Protein
- 1/2 cup Tempeh
- 1/2 cup Soybeans
- 3 oz Seitan

**Pick 2: Vegetables**
- Onion
- Cabbage/Kale
- Broccoli/Cauliflower
- Peppers
- Green Beans
- Mixed Salad Greens
- Carrots or Jicama
- Non-pickled Beets
- 1/2 cup Vegetable Juice
- Spinach
- Tomatoes
- Brussel Sprouts
- Yellow Squash or Zucchini
- Cucumbers
- Eggplant
- Okra
- Asparagus
- Mushrooms

**Pick 3: Dairy, Grains, Fruit**
- Small Piece of Fruit
- 1/2 banana, 1 glass Oatmeal Fortified with Folic Acid
- 1/2 cup Grape or Apple Sauce
- 1 cup Berries or Melon
- 1/2 cup juice
- 4” Pancake/Waffle
- 1/2 cup chips or pretzels
- 1/2 cup Corn or Pasta
- 1/2 cup Brown Rice, Quinoa or Pasta
- 1/2 cup Dry Oatmeal
- High Protein Carbohydrates
- 1/2 cup Beans or Legumes
- 1 cup Shelled Edamame
- 6 oz Greek Yogurt
- 1/2 cup Sugar Free Pudding
- 1/2 cup Un-Hulled Buckwheat
- 2 square Oatmeal
- 2 small Cookies

**Choose on Occasion**
- 1/2 Sweet Bread
- Pastry
- 1/3 Union
- 1/2 a bar or 3/4 bagel
- 1/2 turkey
- 1/2 cup Bread or Crustless Pizza
- 1/2 cup Pudding
- 1/2 cup Rice or Pasta
- 1/2 cup Nuts or Seeds
- 2 square Crackers
- 2 square Rice or Pasta
- 2 small Cookies
- 2 small Donuts

Note: 1 cup = 8 oz liquid.