



WebMD presents

# A Healthy Plate

The USDA is bringing a new food icon to the table, replacing the food pyramid with a plate. WebMD's Director of Nutrition Kathleen Zelman offers up some healthy meal options to make that plate great.

## Fruits

**Options:**

- ½ cup berries (raspberry, strawberry, blueberries)
- 1 medium apple, banana, orange, or pear
- ½ cup fruit salad
- 1 slice melon (honeydew, cantaloupe, watermelon)
- ¼ cup dried fruit (raisins, blueberries, cranberries)
- 4 ounces calcium-fortified 100% orange juice

## Grains

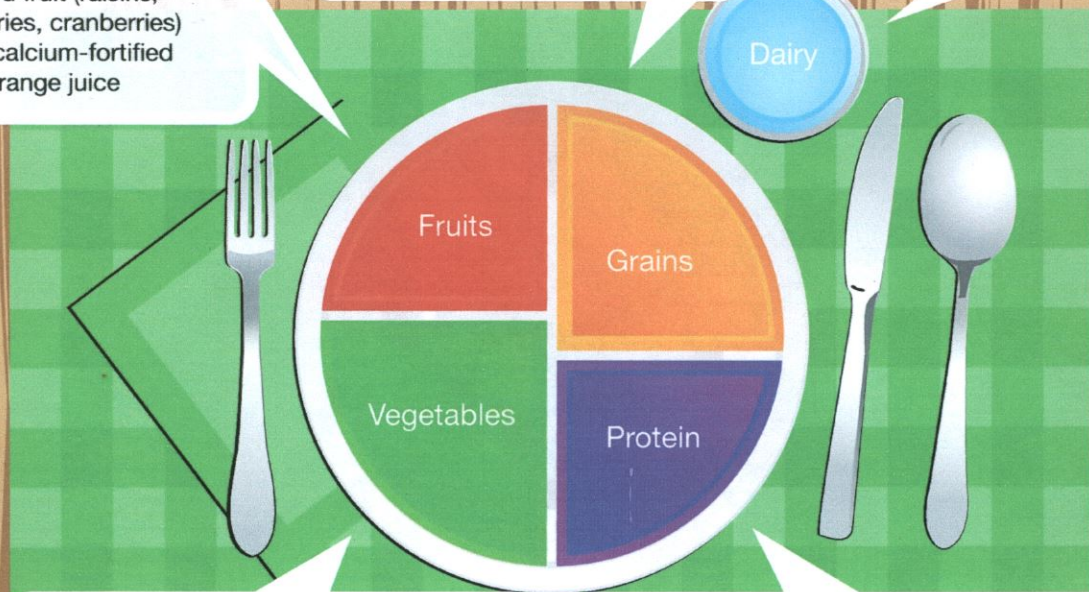
**Options:**

- ½ cup couscous
- ½ cup oatmeal
- 1 slice whole wheat bread
- ½ cup bran cereal
- ½ cup pasta
- ½ cup brown rice
- Whole-grain crackers

## Dairy

**Options:**

- 8 ounces low-fat yogurt
- 1.5 ounces low-fat cheddar cheese
- 8 ounces skim or low-fat milk
- 8 ounces fortified soy beverage
- 1.5 ounces low-fat string cheese
- ½ cup low-fat cottage cheese



## Vegetables

**Options:**

- ½ cup broccoli
- 1 cup spinach salad
- ½ cup stir-fried vegetables
- ½ cup beans or peas
- 1 medium sliced tomato
- 1 cup vegetable soup
- 4 ounces vegetable juice

## Protein

**Options:**

- 3 ounces salmon
- 3 ounces beef or pork tenderloin
- 1 boneless, skinless chicken breast (3 ounces)
- 1 large egg
- 2 tablespoons nut butter
- 1.5 ounces nuts
- 4 ounces (½ cup) tofu

## LESS



Salt



Saturated Fats



Solid & Trans Fats



Added Sugars



Fast Food



Refined Grains

## MORE



Seafood



Whole Grains



Low-fat Dairy



Healthy Oils



Fruits & Vegetables



Lean Protein