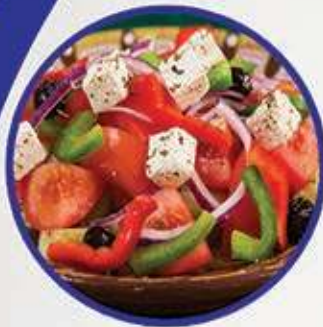




LOW CARB VEGGIES

Full $\frac{1}{2}$ Plate



- ✓ Microwave, grill and stir-fry fresh or frozen veggies
- ✓ Add veggies to other foods like soups, salads, casseroles and pizza
- ✓ Store pre-cut veggies in a clear veggie bowl at the front of the fridge
- ✓ Enjoy two brightly colored veggies at lunch & dinner



LEAN PROTEIN *Full $\frac{1}{4}$ Plate*

- ✓ Eat fish twice a week—wild salmon, rainbow trout and halibut for healthy Omega 3s
- ✓ Enjoy a meatless meal with black bean tacos, stir-fried tofu or veggie burgers
- ✓ Buy red meat labeled round, sirloin or tenderloin
- ✓ Spice up skinless chicken with a Cajun rub



FIBER-RICH CARBS *Full $\frac{1}{4}$ Plate*

- ✓ Try whole grains like quinoa (keen-wah) or barley
- ✓ Buy breads with 3 or more grams of fiber
- ✓ Mix whole-wheat pasta with regular pasta
- ✓ Choose brown rice over white and fried rice
- ✓ Watch your portion size carefully



9-inch Smart Plate