

Grains

Whole Grains	Refined Grains
Amaranth	Cornbread
Brown rice	Corn tortillas
Buckwheat	Couscous
Bulgur	Flour tortillas
(cracked wheat)	Grits
Millet	Noodles
Rolled oats	Pitas
Quinoa	White bread, buns & rolls
Sorghum	White rice
Triticale	Pastas
Whole grain barley	Spaghetti
Whole grain cornmeal	Macaroni
Whole rye	Couscous
Whole wheat bread, crackers, pasta, buns & rolls, tortillas	Flour tortillas
Wild rice	Grits
Refined Grains	Noodles
Cornbread	Pitas
Corn tortillas	White bread, buns & rolls
	White rice
	Pastas
	Spaghetti
	Macaroni

Protein

Lean cuts of:	Nuts and Seeds	Halibut
Beef	Eggs	Herring
Ham	Beans and Peas	Mackerel
Lamb	Bean burgers	Pollock
Pork	Black beans	Porgy
Veal	Black-eyed peas	Salmon
Game Meats	Chickpeas	Sea bass
Bison	(garbanzo beans)	Snapper
Rabbit	Falafel	Swordfish
Venison	Kidney beans	Trout
Organ Meats	Lentils	Tuna
Liver	Lima beans (mature)	Shellfish
Giblets	Navy beans	Clams
Poultry	Pinto beans	Crab
Chicken	Soy beans	Crayfish
Duck	Split peas	Lobster
Goose	White beans	Mussels
Turkey	Seafood	Octopus
Ground chicken	Finfish	Oysters
Ground turkey	Catfish	Scallops
Soy Products	Cod	Squid (calamari)
Tofu	Flounder	Shrimp
Veggie burgers	Haddock	Canned fish
Tempeh		Anchovies
Texturized vege-table protein (TVP)		Clams
		Tuna
		Sardines

These are your "go-to" plates when you are unsure about what to make and are tired of having your home cooked food pushed aside. And when someone at the table says "I don't like carrots, can I have something else", you know just what list to let them choose from as a substitute. I keep mine on my refrigerator for easy reference and I check with the kids before I make something to make sure they agree they think they will like it.

1. Explain how my plate works to your children - it is all about a healthy balance and getting what you need for a day.

2. Let your kids choose from the lists the things that they like and place them on the plates where they would like them. Each color has a place. You may need to help them here to understand that they cannot have a whole plate of starch.

3. Once the plates are all filled in you can post in the kitchen for you and for your children to reference.

4. Check in regularly with your kids to make sure the list still holds - tastes change and that can be frustrating - better to know before you start cooking rather than after.

5. Optional: Take a cook book or go on line and start looking up some yummy recipes for one of the plates and plan the meal together. Print out the recipes for a plate you have created and put them on the fridge with the page so you know where to look when you are ready to cook.

Veggies

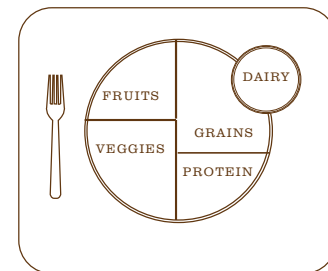
Dark Green Vegetables	Green	Other vegetables
Bok choy	bananas	Artichokes
Broccoli	Green peas	Asparagus
Collard greens	Green lima	Avocado
Dark green leafy lettuce	beans	Bean sprouts
Kale	Plantains	Beets
Mesclun	Potatoes	Brussels sprouts
Mustard greens	Taro	CabbageCauliflower
Romaine lettuce	Water	Celery
Spinach	chestnuts	Cucumbers
Turnip greens	Red & orange vegetables	Eggplant
Watercress	Acorn squash	Green beans
Starchy vegetables	Butternut	Green peppers
Cassava	squashCarrots	Mushrooms
Corn	Hubbard	Okra
Fresh cowpeas, field peas, or black-eyed peas	Pumpkin	Onions
	Red peppers	Turnips
	Sweet potatoes	Wax beans
	Tomatoes	Zucchini

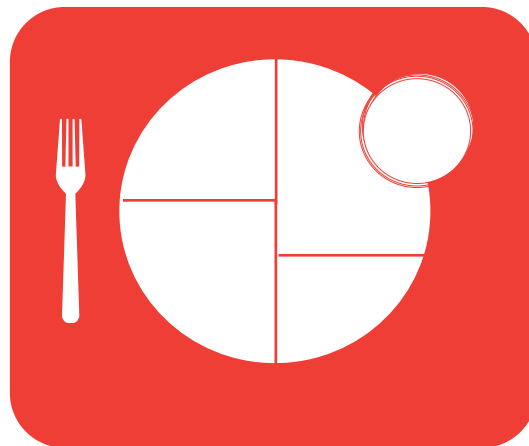
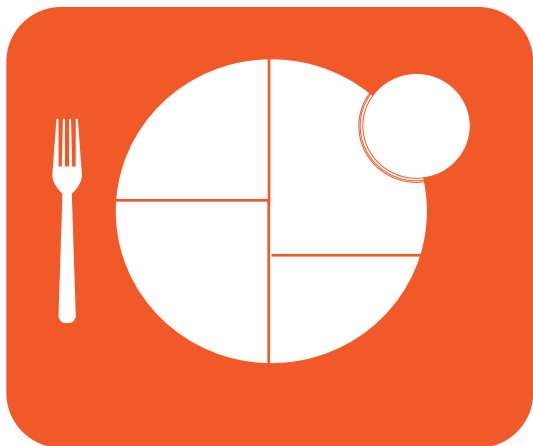
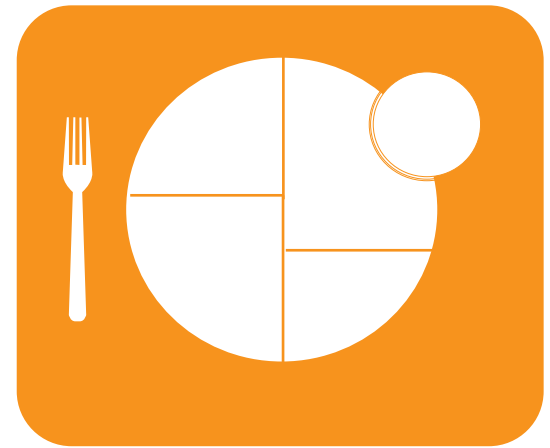
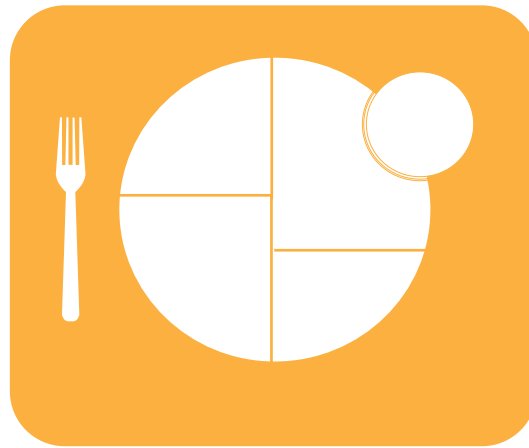
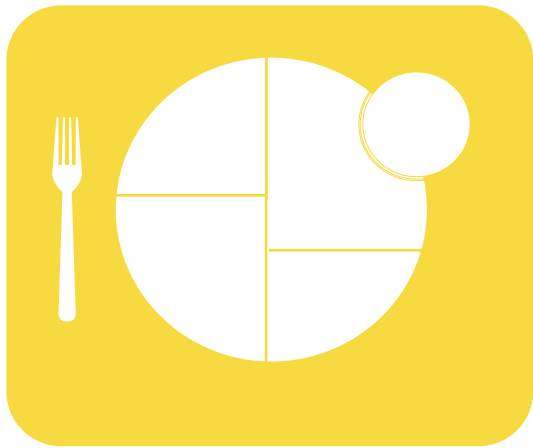
Fruit

Fruits	Mangoes
Apples	Nectarines
Apricots	Oranges
Bananas	Papaya
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Pineapple
Grapefruit	Plums
Grapes	Prunes
Honeydew	Raisins
Kiwi fruit	Raspberries
Lemons	Strawberries
Limes	Tangerines
	Watermelon

Dairy

Milk
Calcium-fortified soymilk (soy beverage)
Cheese
Yogurt





You get to choose from **5** categories:
Dairy (like milk and cheese)
Protein (like meats and beans)
Grains (like bread and pasta)
Fruits (like apples and oranges)
Veggies (like carrots and celery)
Draw your dinner on your plate including each five categories.
Have fun!

