

# 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!

## Non-Starchy Vegetables



## Dairy

(1 serving = 15 grams of carbohydrates)

## Grain | Bread Starch

(1 serving = 15 grams of carbohydrates)



## Protein



**TOTAL WELLNESS**

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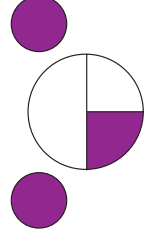
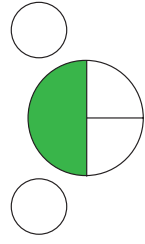
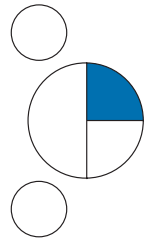


# Easy As One, Two, Three



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!

**WELLNESS NOW**



Pick 1 Protein <i>(3oz. unless specified)</i>	
	Chicken or Turkey
	Fish/Tuna/Shrimp
	Beef
	3/4 cup Cottage Cheese
	1 Hot Dog
	Pork Chop or Pork Loin
	2 oz Cheese
	Ham
	1 Cup Tofu
	2 Eggs or 1 cup Egg Substitute
	Lunch Meat
	3 Tbsp. (small handful) nuts
	1 1/2 Tbsp. Nut Butter
	3 Slices Bacon
	1/4 cup Textured Veg. Protein
	3 Tbsp. Whey Protein Powder
	1/2 cup Tempeh
	1/2 cup Soybeans
	3 oz. Seitan

Pick 2 Vegetables <i>(1 cup raw or 1/2 cup cooked)</i>	
	Onion
	Cabbage/Kale
	Celery
	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 <i>(Choose one dairy, grain and fruit)</i>	
	Milk (cows, almond, Lactaid, Buttermilk) 8 oz. = 1 glass Fortified with Vitamin D
	6 oz. Light Yogurt
	1 cup Soup
	1 cup Winter Squash
	3 cups Popcorn
	4-6 Wheat Crackers
	1/2 English Muffin, Bun, Mini Bagel or Biscuit
	2" square Cornbread
	1/2 Cup Potato Products (White or Sweet)
	1/3 cup Brown Rice, Quinoa or Pasta
	1/2 cup Dry Cereal or Plain Oatmeal/Grits
<b>High Protein Carbohydrates</b>	
	5 oz. Greek Yogurt
	1 cup Shelled Edamame
<b>Choose on Occasion</b>	
	1/2 cup Sugar Free Pudding
	1/2 cup Ice Cream
	2" square Un-frosted Cake
	2 small Cookies
	Small Piece of Fruit
	1/2 Banana, Mango, or Grapefruit
	1/2 cup Cut Fruit, Grapes or Apple Sauce
	2 Tbsp. Dried Fruit
	1 cup Berries or Melon
	1/2 cup Juice
	4" Pancake/Waffle
	1 oz. (6-12) Chips or Pretzels
	2 Tbsp. Chia Seeds
	1/2 cup Corn or Peas
	1 Soft 6" or 2 Hard Tortillas
	1 slice Bread or 2 slices Low-Calorie Bread
	1/2 cup Beans or Lentils
	Veggie Burger
	1/3 Sweet Bread, Pastry or Donut
	1/3 4" Fry Bread
	1/2 a bar or 3 Tbsp. Granola (read food label)
	1/2 cup Breaded Vegetables or 3 oz. meats