

UofL SMART PLATE**

*Eat Real Food**



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The circles below represent foods that may be incorporated throughout the day but may not show up in every meal. The bigger the circle, the more you should consume.



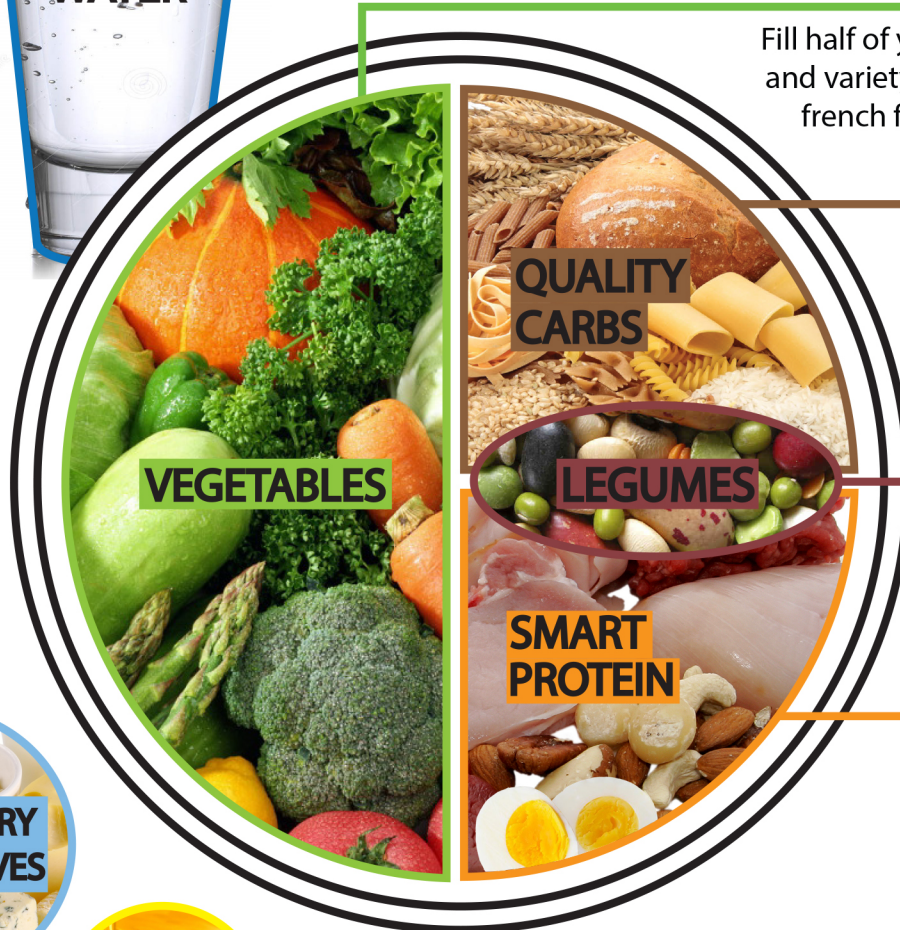
Eat a variety of whole fruits. Colors indicate nutrient density. "Juice" counts as a sugary drink.



Use as condiments, toppings and recipe ingredients. Add to cereal, smoothies, and coffee/tea.



Use oils sparingly for cooking and dressings. Substitute with broths and flavorful vinegars. Limit butter. Avoid trans fats.



Fill half of your plate with vegetables. The more color and variety, the better; minimize white potatoes and french fries. Raw, lightly cooked, fresh, frozen, and canned all provide vital nutrients.

Eat a variety of whole grains: rice, quinoa, freekeh, oatmeal, polenta, and whole-wheat bread and pasta. Limit refined grains (like white rice and white bread).

Legumes, such as lentils and beans, provide both quality carbohydrates and protein.

Choose fish, poultry, nuts, eggs, and legumes; limit red meat; avoid bacon, cold cuts, and other processed meats.

* To make the smart plate work for you, see back side and visit louisville.edu/healthpromotion

**UofL Smart Plate adapted from the Harvard School of Public Health www.hsph.harvard.edu/nutritionsource

