

Fruit/Frutas



Fat/Grasas



# The Healthy Plate for Adults

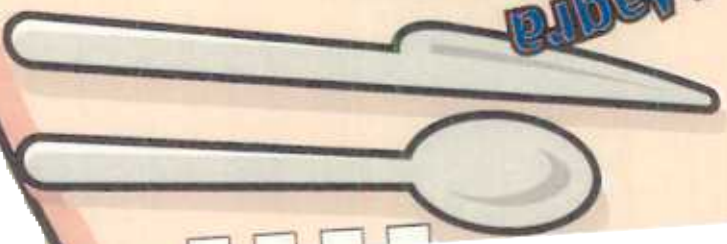
## El Plato Saludable para Adultos

Starch/Almidones



Vegetables/Verduras

Lean Meat/Carne Magra



Skim Mi

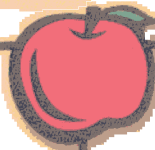
  
**TEXAS DIABETES INSTITUTE**  
 The Association of Educators  
 The Heart of Care  
 The Vision of Research  
A member of the American Diabetes Association  
 (210) 358-7100

## Fruit/Frutas

2 servings per day

2 porciones por día

apple (2"), 1  
 apricot, 1/2 cup  
 banana, (3"), 1/2  
 cantaloupe (cubed), 1 cup  
 cherries, 1/2 cup  
 grapefruit, (medium), 1/2  
 grapes, 1/2 cup  
 orange (2-1/2"), 1  
 peach (2-3/4"), 1  
 pear (small), 1  
 pineapple, 3/4 cup  
 raspberries, 1 cup  
 strawberries, 1-1/4 cup  
 watermelon, 1-1/4 cup  
 juices, 1/3 to 1/2 cup



manzana (2"), 1  
 albaricoque, 1/2 taza  
 platan/banano, (3"), 1/2  
 melon (cubos), 1 taza  
 cerezas, 1/2 taza  
 toronja (mediano), 1/2  
 uvas, 1/2 taza  
 naranja (2-1/2"), 1  
 durazno (2-3/4"), 1  
 pera (chica), 1  
 piña, 3/4 taza  
 frambuesa, 1 taza  
 fresas, 1-1/4 taza  
 sandia, 1-1/4 taza  
 jugos, 1/3 a 1/2 taza

## Vegetables/Vegetales

3-6 servings per day

3-6 porciones por día

1/2 cup cooked  
 1 cup raw

asparagus  
 beans (green, wax)  
 beets  
 broccoli  
 brussel sprouts  
 cabbage  
 carrots  
 cauliflower  
 celery  
 cucumbers  
 greens  
 lettuce  
 mushrooms  
 radishes  
 squash  
 spinach  
 tomatoes



1/2 taza cocidos  
 1 taza crudos

esparragos  
 ejotes frescos  
 betabel/remolachas  
 brocoli  
 bruselas  
 repollo  
 zanahoria  
 coliflor  
 apio  
 pepinos  
 hojas verdes  
 lechuga  
 setas/champiñones  
 rabanos  
 calabacita  
 espinaca  
 tomates

## Starches/Almidones

6 servings per day

6 porciones por día

dry cereal, 3/4 cup  
 cooked cereal, 1/2 cup  
 bread, 1 slice  
 bun (hamburger), 1/2  
 bun (hotdog), 1/2  
 small bagel, 1/2  
 dried beans, (cooked), 1/3 cup  
 dried beans, (baked), 1/4 cup  
 corn, 1/2 cup  
 lima beans, 1/2 cup

potato (baked), 3 oz.  
 potato (mashed), 1/2 cup  
 winter squash, 1 cup  
 popcorn, 3 cups  
 pretzels, 3/4 oz.  
 pasta, (cooked), 1/3 cup  
 peas, (cooked), 1/2 cup  
 rice, (cooked), 1/3 cup  
 tortilla (6" corn or flour),

cereal seco, 3/4 taza  
 cereal cocido, 1/2 taza  
 pan, 1 rebanada  
 pan de hamburguesa, 1/2  
 pan de hot dogs, 1/2  
 bagel, chico, 1/2  
 frijoles secos, (cocidos), 1/3 taza  
 frijoles secos, (horneados), 1/4 taza  
 elote, 1/2 taza  
 habas, 1/2 taza

## Skim Milk/Leche Descremada

2 servings per day

2 porciones por día

milk (skim or 1%), 1 cup  
 yogurt (plain or light), 1 cup  
 buttermilk (low fat), 1 cup



leche (descremada o 1%), 1 taza  
 yogurt (sencillo o light), 1 taza  
 suero de mantequilla  
 (bajo en grasa), 1 taza

## Fat/Grasas

3 servings per day

3 porciones por día

**Unsaturated:**  
 margarine, 1 tsp.  
 mayonnaise, 1 tsp.  
 cashews, dry roasted, 1 tbsp  
 peanuts, 20  
 olives, 5  
 salad dressing, 1 tbsp.  
 avocado, 1/8  
 oil (canola, olive, peanut) 1 tsp



**No saturadas:**  
 margarina, 1 cucharadita  
 mayonesa, 1 cucharadita  
 nuez de la India, 1 cucharada  
 cacahuates, 20  
 aceitunas, 5  
 aderezo de ensalada, 1 cucharada  
 aguacate, 1/8  
 aceite (de canola, oliva o cacahuate)  
 1 cucharadita

## Lean Meats

6-8 oz. per day

egg substitute, 1/4 cup  
 cheese (lowfat), 1 oz.  
 lunch meats, (95%  
 lean), 2 oz.  
 peanut butter,  
 2 tbsp

### Poultry (no skin), 1 oz.

chicken  
 turkey

### Beef, 1 oz.

round steak  
 sirloin steak  
 flank steak  
 tenderloin  
 veal

### Pork, 1 oz.

tenderloin  
 Canadian baco  
 ham

### Fish, 1 oz