WebMD presents
A Healthy Plate

The USDA is bringing a new food icon to the table, replacing the food pyramid with a plate. WebMD’s Director of Nutrition Kathleen Zelman offers up some healthy meal options to make that plate great.

**Fruits**
- **Options:**
  - ½ cup berries (raspberry, strawberry, blueberries)
  - 1 medium apple, banana, orange, or pear
  - ½ cup fruit salad
  - 1 slice melon (honeydew, cantaloupe, watermelon)
  - ¼ cup dried fruit (raisins, blueberries, cranberries)
  - 4 ounces calcium-fortified 100% orange juice

**Grains**
- **Options:**
  - ½ cup couscous
  - ½ cup oatmeal
  - 1 slice whole wheat bread
  - ½ cup bran cereal
  - ½ cup pasta
  - ½ cup brown rice
  - Whole-grain crackers

**Dairy**
- **Options:**
  - 8 ounces low-fat yogurt
  - 1.5 ounces low-fat cheddar cheese
  - 8 ounces skim or low-fat milk
  - 8 ounces fortified soy beverage
  - 1.5 ounces low-fat string cheese
  - ½ cup low-fat cottage cheese

**Vegetables**
- **Options:**
  - ½ cup broccoli
  - 1 cup spinach salad
  - ½ cup stir-fried vegetables
  - ½ cup beans or peas
  - 1 medium sliced tomato
  - 1 cup vegetable soup
  - 4 ounces vegetable juice

**Protein**
- **Options:**
  - 3 ounces salmon
  - 3 ounces beef or pork tenderloin
  - 1 boneless, skinless chicken breast (3 ounces)
  - 1 large egg
  - 2 tablespoons nut butter
  - 1.5 ounces nuts
  - 4 ounces (½ cup) tofu

Reviewed by Laura J. Martin, MD

©2011 WebMD, LLC. All rights reserved.