

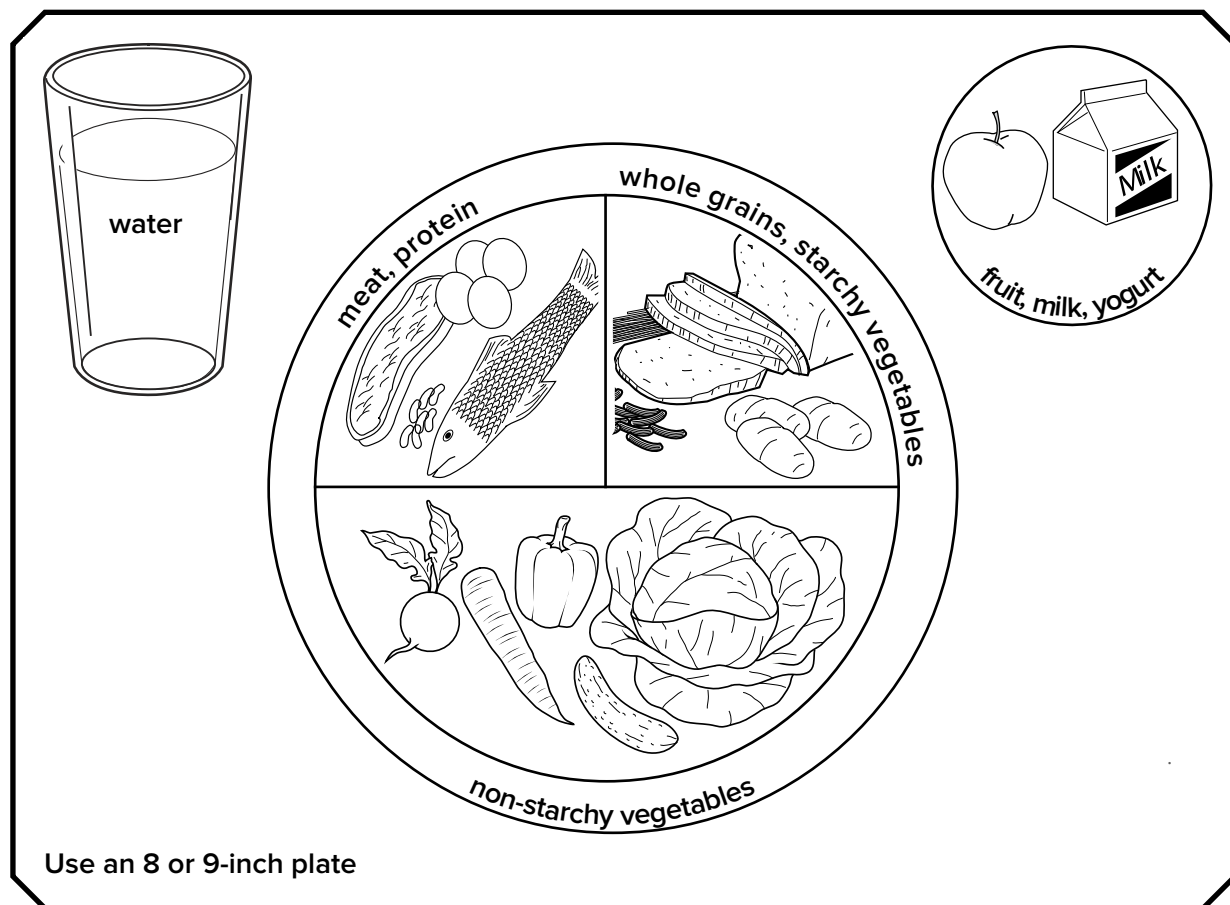
# Healthy Meals for Weight Loss



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

## Eat at least 3 meals and 1 to 2 snacks a day.

- Eating 3 meals helps to boost your metabolism and prevents you from overeating. When you eat less than 3 times a day, you are more likely to become too hungry and eat too much later in the day.
- The **Plate Method** is a simple way to guide your eating choices at mealtimes, improve portion control, and create healthy, balanced meals.
- If you are hungry between meals, eat one or two, 100 to 200 calorie snacks, such as a piece of fruit or a yogurt.



With the Plate Method of eating, you fill 1/2 of a 8 to 9-inch plate with 2 servings of non-starchy vegetables, 1/4 of the plate with lean meat or other protein food serving, and fill 1/4 of the plate with a whole grain or a starchy vegetable serving.

## Follow these 5 steps to eat meals with the Plate Method

### 1. Divide an 8 or 9-inch plate in half and fill half of the plate with non-starchy vegetables.

These include:

- Artichoke
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green or yellow beans
- Salad greens
- Mushrooms
- Onions
- Peppers
- Radish
- Snow peas
- Sugar snap peas
- Tomatoes
- Turnips
- Yellow squash
- Zucchini

**Choose** fresh or frozen vegetables that have no added salt, sugar, or fat in a variety of colors to get a variety of vitamins and minerals.

#### Non-starchy vegetables:

- Provide your body some carbohydrates, but much less than the high carbohydrate food groups.
- Provide the fiber, vitamins, and minerals your body needs to function well.

### 2. Divide the other half of the plate in half again.

- **Fill one section with whole grains or starchy vegetables:**

#### Whole grain options include:

- Barley
- Brown rice
- Bulgur
- Oats, oatmeal
- Polenta
- Quinoa
- Whole grain breads
- Whole grain cereals
- Whole wheat couscous
- Whole wheat pasta
- Wild rice

#### Starchy vegetable options include:

- Beans, such as black, great northern, kidney, navy, and pinto beans
- Black-eyed peas
- Corn
- Lentils
- Peas
- Potatoes with skin
- Sweet potatoes with skin

- **Fill the other section with protein foods.**

These include:

- Beef, round and loin cuts, fat trimmed
- Cheese
- Chicken, no skin
- Cottage cheese, low-fat
- Eggs
- Fish (eat fish at least 2 times per week)
- Pork, loin cuts, fat trimmed
- Turkey, no skin

### 3. Add a serving of fruit, milk, or yogurt to your meals, or eat a serving for a snack.

- **Aim for 2 to 4 servings of fruit each day.**

1 serving of fruit includes:

- 1 cup fresh melon, raspberries, or strawberries
- $\frac{3}{4}$  cup fresh pineapple, blueberries, or blackberries
- $\frac{1}{2}$  cup fresh grapes
- 1 small fresh fruit, such as an apple the size of a baseball
- $\frac{1}{2}$  of a large piece of fresh fruit, such as  $\frac{1}{2}$  of a large banana or  $\frac{1}{2}$  of a large pear
- $\frac{1}{2}$  cup canned fruit in juice or light syrup
- 2 tablespoons of dried fruit
- 4 ounces of fruit juice with no sugar added

- **Aim for 2 to 3 servings of milk or yogurt each day.**

1 serving of milk or yogurt includes:

- 8 ounces fat free milk
- 6 ounces light or plain yogurt
- 6 ounces light or plain Greek yogurt

### 4. Keep added fats to small amounts.

Fats improve the taste of many foods, help us feel full longer and provide essential nutrients. All fats are high in calories, so keep portions small:

- 1 to 2 teaspoons of oil, margarine, butter, or mayonnaise
- 1 tablespoon of salad dressing
- 1 to 2 tablespoons of avocado
- $\frac{1}{4}$  cup of nuts or seeds

### 5. Drink mostly water with meals and snacks.

Aim for at least 8, 8-ounce, glasses of water each day.

Water:

- Is calorie-free and has no carbohydrates.
- Is essential for your body's cells, tissues, and organs.

Plain coffee and tea are also calorie-free.

## General tips

- Cook at home as much as possible, using low fat cooking methods, such as bake, broil, microwave, roast, steam, sauté, or grill. Restaurant foods and processed foods often have added sugar and more sodium.
- Choose fresh fruit or yogurt for dessert, or try a low calorie dessert recipe.
- Eat breakfast daily and space meals about 4 to 5 hours apart. Eat snacks if meals are more than 4 to 5 hours apart. Do not skip meals.

- Read food labels and ingredient lists on packaged foods. Avoid foods that have trans fats and partially hydrogenated oils.
- Sugar is a concentrated form of carbohydrate. Limit foods high in sugar in your diet.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.