Manage Your Weight...

The MOVE!® Create a Healthy Plate Placemat is an easy way to make decisions about how much food to eat. Use the placemat to build healthy meals for you and your family without any special expensive foods and without weighing or measuring!

Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods are all great choices.

**For a healthy lunch or dinner:**
- Enjoy your food, but eat less. Use a 9-inch plate to avoid oversized portions.
- Make half your plate veggies and fruits.
- Add lean protein.
- Include whole grains.
- Don’t forget dairy.
- Avoid extra fat.
- Don’t skip meals.
- Try new foods.
- Take your time while eating.

**Grains & Starchy Vegetables**
- Fill ¼ of your plate with whole grains and/or starchy vegetables.
- Aim to eat at least half of all grains as whole grains (3 oz. or more daily).

**Protein Foods**
- Fill ¼ of your plate with lean protein choices (a 2–3 ounce cooked portion).
- Choose protein foods, such as lean beef and pork, chicken, turkey, or eggs as well as seafood, beans, peas, and nuts.

**Vegetables & Fruits**
- Fill ½ of your plate with non-starchy vegetables and fruit.
- Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables for added benefits.

**Dairy Foods**
- Increase intake of fat-free (skim) or low-fat (1%) milk and milk products such as yogurt, cheese, and fortified soy beverages.

**Create a Healthy Plate!**

Drink more water
Create a Healthy Plate!

**Start your day with a healthy breakfast!**

- Breakfast gives you energy to start your day. A healthy breakfast is important for everyone. Include a lean protein, a bread or grain product, and a fruit.
- Fill ½ (or less) of your 9” plate with dairy products, meats, or other protein sources.
- Fill ⅔ (or more) with vegetables, fruits, whole grains, or beans.

**Healthy breakfast examples:**
- egg omelet, whole-wheat toast & orange
- yogurt, small whole-grain cereal & banana or strawberries
- scrambled egg whites, whole-wheat English muffin & all-fruit jelly

**How do I lose weight?**

- Eat and drink fewer calories
- Be more physically active
- For best results, do both

- Set your daily target calorie goal using the chart below.
- Find your current weight in the left column. Your daily target calorie goal for that weight range is listed in the right column. These calorie goals are designed to help you lose about ½–2 pounds per week.

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Daily Calorie Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 200 lbs.</td>
<td>1200 – 1500 calories/day</td>
</tr>
<tr>
<td>200 – 225 lbs.</td>
<td>1500 – 1800 calories/day</td>
</tr>
<tr>
<td>226 – 250 lbs.</td>
<td>1800 – 2000 calories/day</td>
</tr>
<tr>
<td>251 – 300 lbs.</td>
<td>2000 – 2500 calories/day</td>
</tr>
<tr>
<td>301 – 350 lbs.</td>
<td>2500 – 3000 calories/day</td>
</tr>
<tr>
<td>Over 350 lbs.</td>
<td>See a MOVE! Dietitian</td>
</tr>
</tbody>
</table>

**Body Mass Index**

<table>
<thead>
<tr>
<th>Weight (lbs.)</th>
<th>Height (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over 350 lbs.</td>
<td>See a MOVE! Dietitian</td>
</tr>
<tr>
<td>300 – 350 lbs.</td>
<td>2500 – 3000 calories/day</td>
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**Live Well!**

Eat Wisely • MOVE!® More • Weigh Less

www.move.va.gov

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**BMI**

- **Underweight**  
  BMI = Less than 18.5

- **Normal weight**  
  BMI = 18.5 to 24.9

- **Overweight**  
  BMI = 25 to 29.9

- **Obesity**  
  BMI = 30 to 39.9

- **Extreme obesity**  
  BMI = 40 and above