Follow the MOVE! Healthy Placemat guidance to help reduce your risk of developing diseases such as obesity, heart disease, diabetes, and some types of cancer.

**Non-Starchy 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.

**Grains & Starchy Vegetables**
Limit ¼ of your plate for 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**
Limit ¼ of your plate for lean protein choices (a 2–3 ounce cooked portion). Choose protein foods, such as lean beef, pork, venison, chicken, turkey, or eggs as well as seafood, beans, peas, nuts, and tofu.

**Dairy Foods**
Include fat-free (skim) or low-fat (1%) milk and milk products such as yogurt, cheese, and fortified soy beverages for lactose intolerance.

**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
- Limit extra fat
- Don’t skip meals
- Try new foods
- Take your time while eating

**Drink more water**
Include 8–12 cups of water per day. Drink before and with meals. Don’t wait for thirst—Sip throughout the day.

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Include 8–12 cups of water per day. Drink before and with meals. Don’t wait for thirst—Sip throughout the day.

**PORTION SIZES**

- 1 cup = 
- ¼ cup = 
- 1 tablespoon =
- 1 ounce (oz) =
- ½ cup =
- 1 teaspoon =
- 3 ounces (oz) =

**9" Plate**
- one half plate • non-starchy vegetables & fruits
- one quarter plate • lean meat / protein
- one quarter plate • grain & starchy vegetables
- one half plate • non-starchy vegetables & fruits
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 ⅓ (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

- Whole Wheat Breakfast Sandwich (egg, cheese, tomato, sprouts) and Mixed Berries
- Low-fat Greek Yogurt with Pumpkin Seed Granola and Fresh Berries
- Hard-boiled Egg Breakfast Salad and Whole Wheat Matzo Crackers
- Cinnamon-topped Steel-cut Oatmeal with Banana, Berries, and Walnuts

Healthy Lunch Examples

- Pasta with Roasted Fresh Vegetables and Basil
- Lean Meat Tacos with Vegetable Salsa
- Vegetable Soup with Multi-grain Roll
- Chicken and Vegetable Kabobs with Cucumber, Tomato Salad

Healthy Dinner Examples

- Steak Salad with Pears and Quinoa
- Salmon with Garden Salad and Whole Grain Roll
- Turkey, Rice Pilaf, Broccoli, and Spinach Salad

Healthy Snacks

- 1 medium piece of fresh fruit
- 1 cup raw vegetables with 2 tablespoons hummus or fat-free salad dressing
- 2 saltine crackers or celery with 2 teaspoons peanut butter
- 6 chocolate-covered miniature pretzel twists
- 1 hard-cooked egg
- ½ small baked potato with 3 tablespoons salsa
- ⅓ cup Cheerios with ⅓ cup fat-free milk
- 1 slice cinnamon-rasin toast with 1 teaspoon honey
- 1 roasted chicken drumstick, skin removed
- ½ English muffin with 1 slice tomatoes and 1 tablespoon part-skim mozzarella cheese

How do I lose weight?

- Find your current weight in the left column of the chart. 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.
- Limit your calories to the lower end of the range. If you find this is too low, you may increase your daily calorie goal to the higher end of the range.
- Track your food and beverage intake. You may use one of the online services, try the MOVE! Coach app, or buy a simple calorie counter book so you can accurately log your calories in your food diary on a daily basis. For more information on using the MOVE! Coach app visit: http://www.move.va.gov/moveCoachIntro.asp
- When you make it to the next weight range (for instance, you start off at 280 pounds, and you drop down to 245 pounds with a goal of getting down to 215 pounds), you will need to reduce your daily calories to that lower level.
- If you weigh over 350 pounds or you have any concerns, ask for a consultation with the MOVE!® team dietitian to help set your daily calorie goal.
- Use your MOVE!® placemat to guide you with healthy food choices.
- Finally, review your Food and Activity Diary. Look for days when goals were not met. Think about what got in the way. Consider ways to manage those things that got in the way.

Healthy Eating Examples

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Live Well! Eat Wisely • MOVE!® More • Weigh Less

www.move.va.gov

Need Recipes? Try:

www whatscooking.fns.usda.gov

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

Current Weight: Daily Calorie Goal

Under 200 lbs. 1200 – 1500 calories/day
200 – 225 lbs. 1500 – 1800 calories/day
226 – 250 lbs. 1800 – 2000 calories/day
251 – 300 lbs. 2000 – 2500 calories/day
300 – 350 lbs. 2500 – 3000 calories/day
Over 350 lbs. See a MOVE! Dietitian

Be more physically active to lose weight

- You can protect your health with physical activity. Avoid being inactive, and remember, some activity is better than no activity.
- Research shows that 150 minutes, (2.5 hours) per week of moderate intensity physical activity, or 75 minutes of vigorous-intensity activity can lead to important health benefits.
- To manage weight, work up to 300 minutes (5 hours) of moderate-intensity activity, or 150 minutes of vigorous activity per week.
- Remember to start slow, and gradually build up. Consider activity such as walking, jogging, swimming, aerobics, biking, gardening, or anything else that increases your heart rate.
- Do at least 2 non-consecutive days of strength training. Working all major muscle groups (legs, hips, back, chest, abdominals, shoulders, and arms) using free weights, machines, resistance bands, or body weight exercises.
- Finally, take care of your body by stretching after all physical activity!

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- Finally, take care of your body by stretching after all physical activity!