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
Make ¼ of your plate whole grains and/or starchy vegetables. Aim to eat at least half of all grains as whole grains (3 oz. or more daily).

Drink more water
Strive for at least 8 cups per day. Drink before and with meals. Don’t wait for thirst—Sip throughout the day.
All fluids count—select water first, then low-calorie, unsweetened beverages.

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. Aim for 2-3 servings per day.

Protein Foods
Make ¼ of your plate 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.

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
Enjoy sweet treats in small amounts & not every day
Don’t skip meals • Try new foods • Take your time while eating

PORTION SIZES
1 cup = 1 ¾ cup = 1 tablespoon = 1 ounce (oz) =
1 ¼ cup = 1 teaspoon = 3 ounces (oz) =
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, meat, or other protein sources. Fill 3½ (or more) with vegetables, fruits, whole grains, or beans.

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