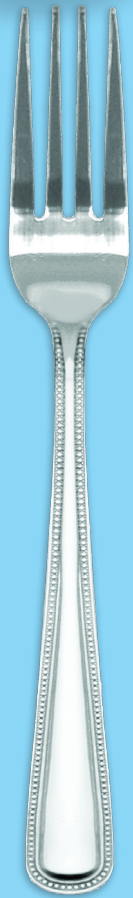
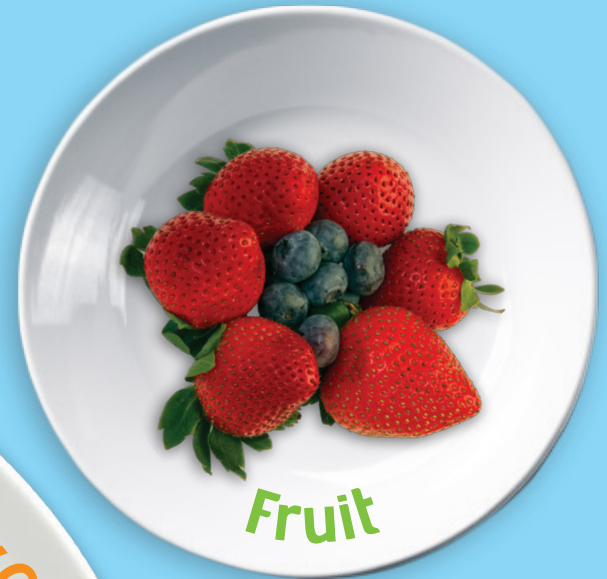


# EatWell PLATE

A recommendation for each meal based on your plate size.



GOVERNMENT OF BERMUDA  
Department of Health



Bermuda Hospitals Board



<https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians>

## Choose Your Plate Size

- **Small** – 5-8" Women & Some Older Adults
- **Medium** – 8" Children, Teenage Girls, Active Women & Most Men
- **Large** – 10" Teenage Boys & Active Men

VEGETABLES	FRUITS	STARCHES/ GRAINS	MEAT/MEAT ALTERNATIVES	CALCIUM RICH ALTERNATIVES or LOW FAT DAIRY
<ul style="list-style-type: none"> <li>• Fill ½ plate with non-starchy vegetables</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Dark leafy greens, carrots, string beans, cauliflower, beets, zucchini, tomatoes</li> <li>• Starchy vegetables may also be used instead of a grain</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Corn, Green peas, potatoes, yams, butternut squash, beans</li> </ul>	<ul style="list-style-type: none"> <li>• Include a fruit with the meal</li> <li>• Choose whole fruit rather than 100% juice</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Choose fresh, canned in its own juice or dried</li> </ul>	<ul style="list-style-type: none"> <li>• Fill ¼ of the plate with starches/grains</li> <li>• Make at least half of the grains whole</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Brown rice, wild rice, whole wheat pasta, 100% whole wheat roll, cornbread, barley, quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Fill ¼ of plate with meat or meat alternatives</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Eat a variety of foods such as seafood, beans, peas, tofu, nuts, lean meats, poultry and eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Include a calcium rich alternative or low fat dairy choice with the meal</li> </ul> <p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Low fat milk, yogurt and cheese</li> <li>• Calcium fortified Soymilk, rice milk, almond milk</li> <li>• Lactose free milk</li> <li>• Calcium fortified juice/foods</li> </ul>

- **Fat** – Choose low fat salad dressings, sauces and gravies
- **Breakfast** – Can include foods from the EatWell Plate or select a grain, fruit and calcium rich choice