

# MY NATIVE PLATE

Fruit



Water

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:

Indian Health Service, Division of Diabetes Treatment and Prevention.  
07/2018



Vegetables



Protein

Grain/  
Starch

**Remember:**



Stay active



Drink water



Use a 9-inch plate

**Notes:**

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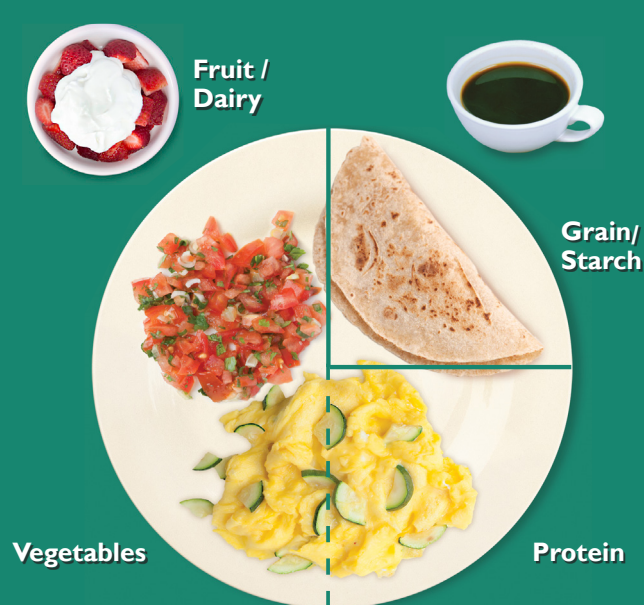
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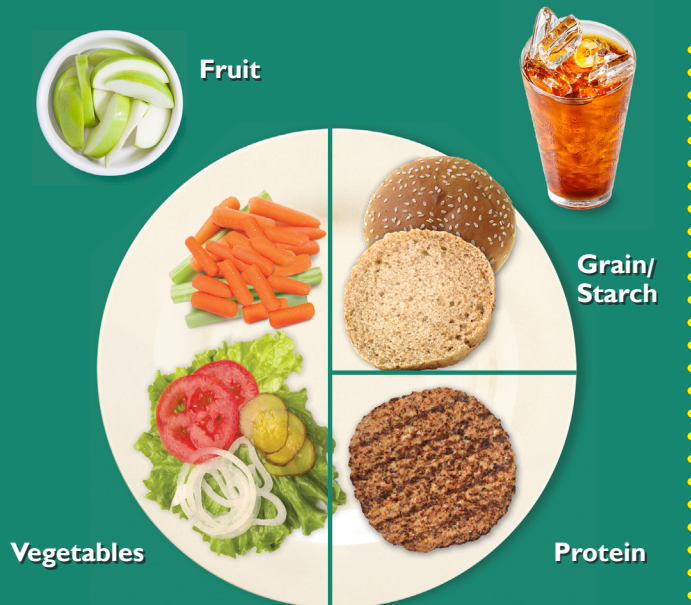
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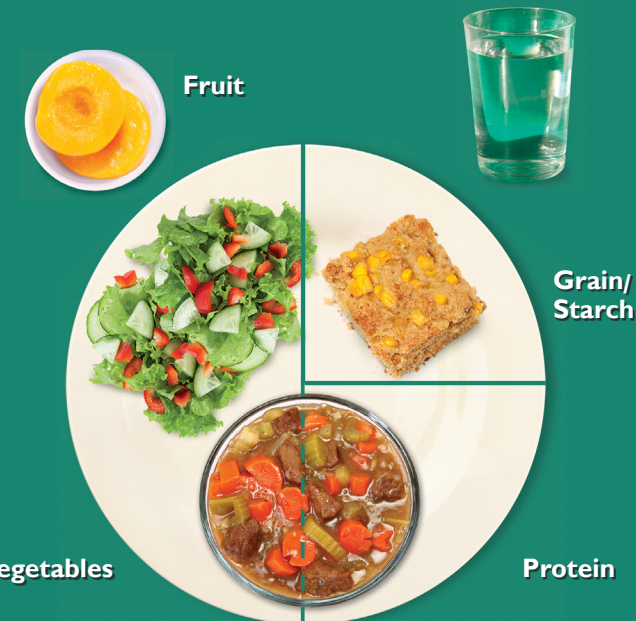
# More Ideas for MY NATIVE PLATE



**Pictured here:** Yogurt with strawberries, salsa, scrambled eggs with zucchini, tortilla, coffee



**Pictured here:** Apple, carrots, celery, lettuce, tomato, onion, pickle, beef patty, bun, unsweetened tea



**Pictured here:** Peaches, salad, beef and vegetable stew, cornbread, water

## Ways to Add Variety to Meals and Snacks

### Vegetables and Fruits

#### Tips

- Stock up on fresh, frozen, and canned vegetables and fruits.
- Keep fruits and vegetables on hand for snacking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Enjoy fruit as a dessert.

#### Examples

**Vegetables:** Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, cucumbers, onions, peppers, okra

**Fruits:** Berries, melons, apricots, peaches, citrus fruits, bananas, apples, pears

### Proteins

#### Tips

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or bison patty.
- Grill, stew, or bake meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose free milk, or soy milk.

#### Examples

**Animal proteins:** Fish, wild game, bison, poultry, mutton, beef, pork, eggs

**Plant proteins:** Beans, lentils, nuts, nut butters, seeds, tofu, soy products

**Dairy proteins:** Milk, lactose free milk, yogurt, cheese, cottage cheese

### Grains and Starches

#### Tips

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

#### Examples

**Grains:** Pastas, breads, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal

**Starchy vegetables:** Potatoes, corn, green peas, winter squash