

# The Perfect Plate

**36%** of adults in the USA are obese

In a world with millions of food choices and growing obesity rates, it may be confusing what you should eat to stay healthy. Explore the general daily recommended intake of food and learn how to live a healthier life.

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## Daily Recommended Intake\*

6 ounces of grains	
2.5 cups of vegetables	
2 cups of fruit	
3 cups of dairy	
5.5 ounces of protein	
6 teaspoons of oil	

\*These are general guidelines. For specific recommendations, please consult a healthcare professional or registered dietitian.

## A Perfect Day

NorthShore has created the following sample recipe cards to help you build a daily meal that maximizes nutritional value and gives you the daily recommended intake for each food group.



### Breakfast



1 cup cooked oatmeal  
½ banana  
1 cup skim milk  
1 tbsp. almond butter

### Lunch



1 cup cooked quinoa  
1 cup spinach  
1 sliced apple  
½ cup chickpeas  
½ cup cucumber  
4 tsp. low-fat dressing

### Dinner



1.5 oz. low-fat cheese  
1 cup steamed broccoli  
1 cup cooked brown rice  
1.5 oz. salmon  
2 tsp. olive oil

### Snack



½ oz. almonds  
1 cup low-fat Greek yogurt  
½ cup blueberries

## Recipe Makeover

There are many healthy substitutions that can be made to everyday recipes to help you reach your intake goals.



### Add Fiber, Cut Fat

Naturally moist, applesauce is a great way to replace oils or butter when baking.

### Lower Sodium, Increase Fiber

For breading, choose whole grain oats over refined breadcrumbs.



### Add Protein, Reduce Fat

With a similar consistency and taste, non-fat Greek yogurt is a great low-calorie substitute for mayonnaise or sour cream.

### Cut Fat, Add Nutrients

Thicken soup with potassium-rich sweet potato puree rather than cream.



### Add Greens, Reduce Calories

Consider using thinly sliced zucchini ribbons instead of pasta to help you hit your vegetable intake goal.

## Sources

northshore.org  
choosemyplate.gov  
healthland.time.com  
mayoclinic.com  
cdc.gov

