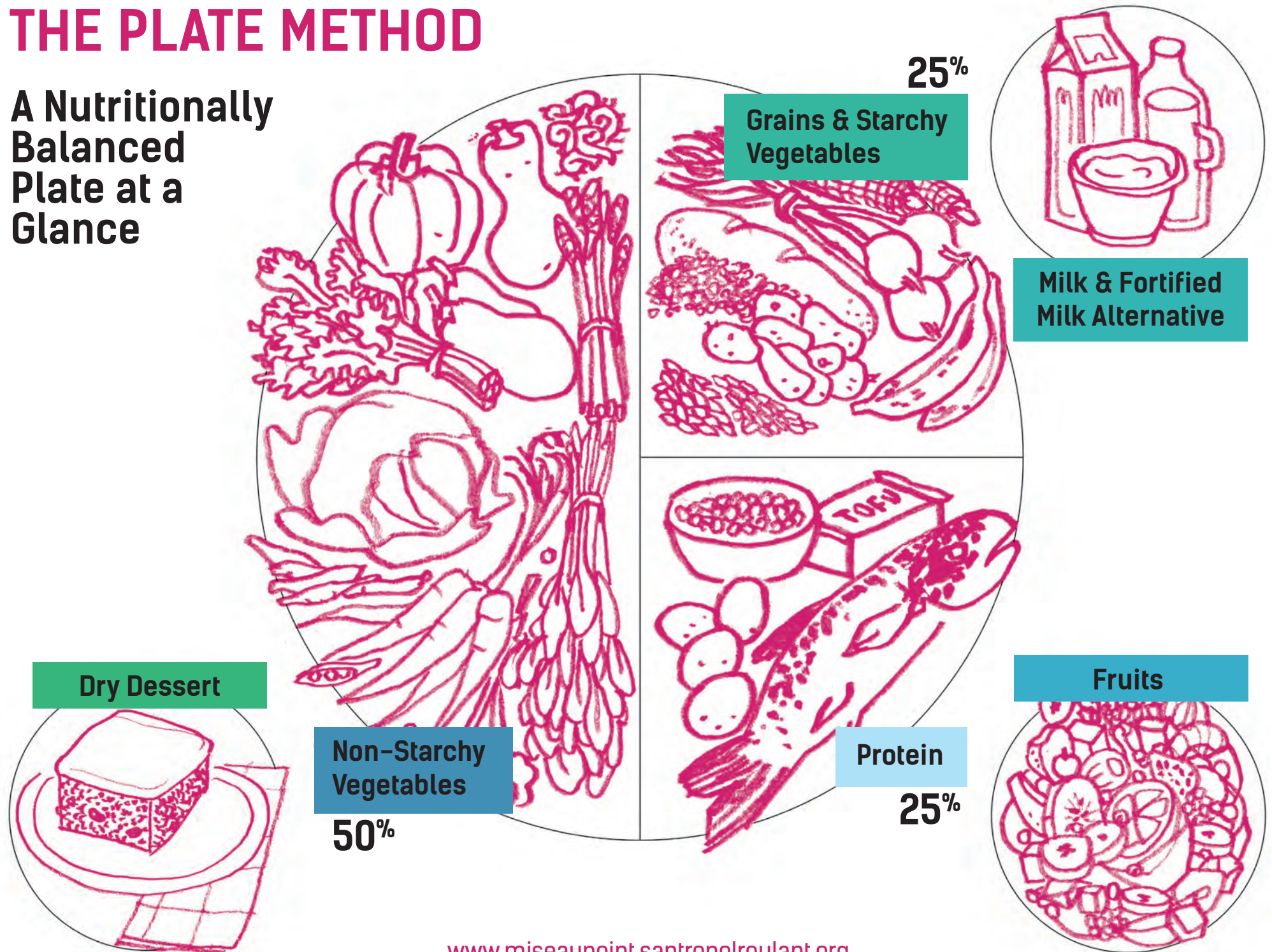


THE PLATE METHOD

A Nutritionally
Balanced
Plate at a
Glance



Main Dish

Non-Starchy Vegetables - 50%

Quantity	2 cups cooked
Estimated Energy	100 Kcal

Sources: Consult the list of dark green and orange vegetables on the "Nutrition" section of our website.

Containing: At least one dark green and one orange vegetable. Prepare vegetables with no added salt or sugar.

Grains & Starchy Vegetables - 25%

Quantity	1 cup cooked
Estimated Energy	150 Kcal

Starchy vegetables include: Corn, parsnip, peas, green, plantain, potato, squash and sweet potato

Containing: At least half of the grain products as whole grain. Be sure that are cooked with no added salt or sugar.

Protein - 25%

Quantity	90g of lean meat or 150g tofu or 1 cup of lentils or legumes cooked
Estimated Energy	150 Kcal

Sources: Lean red meat, chicken without skin, fish and plant sources of protein (legumes, lentils or tofu).

Containing: Meat alternatives such as legumes, lentils and tofu often and 2 meals per week with fish. Cook protein with no added salt or sugar.

Side Options

Fruits

Quantity	1 cup raw
Estimated Energy	100 Kcal

Containing: No fruit juice prepared with little or no added fat, sugar or salt.

Dry Dessert

Quantity	less than 100g
Estimated Energy	150-250 Kcal

Containing: Whole grains and sweeten using dry fruit where possible, unsaturated omega 6 or 9 fats, ingredients low in cholesterol with no added salt.

Milk & Fortified Milk alternative

Quantity	250 ml
Estimated Energy	100-150 Kcal

Containing: Skim, 1% or 2% milk or lower fat milk alternatives.



MISE AU POINT www.miseaupoint.santropolroulant.org

MISE AU POINT is a research project that aims to improve an existing intergenerational Meals-on-Wheels service that operates in the center of the island of Montreal.

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