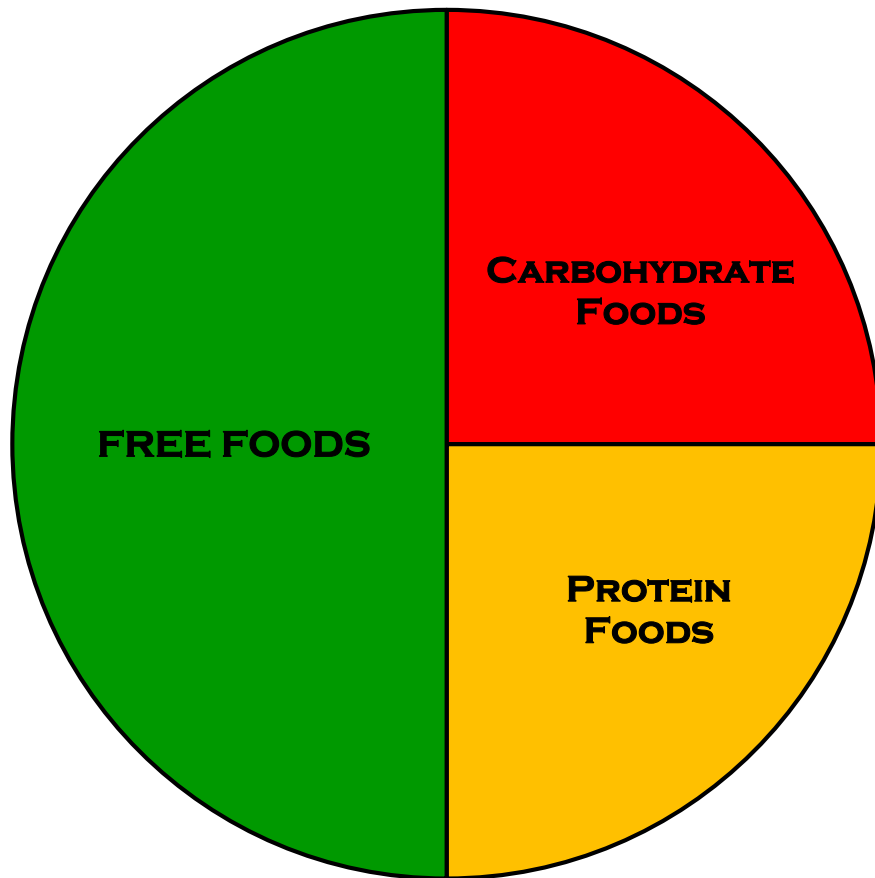


RYG FOR HEALTH PLATE METHOD



MENU PLANNING

1. Choose a variety of whole, real food using RYG as a guide.
2. Balance Carbohydrate (**RED**), Protein (**YELLOW**) and free foods (**GREEN**) with a sugar-free beverage at every meal.
3. The plate method at the left provides for easy portioning.

| | |
|---------------|-----------------------|
| RED | 1-2 servings per meal |
| YELLOW | 1 serving per meal |
| GREEN | Free! All you can eat |

SAMPLE MENU

BREAKFAST

| | |
|---------------|---|
| RED | 2 slices toast |
| YELLOW | Omelet (2 eggs, scrambled, 1-2 ounces cheese) |
| GREEN | Mushrooms, onions, spinach |
| | Fats/seasonings: Olive oil, butter, salt and pepper |
| | Sugar-free beverage: Coffee |

LUNCH

| | |
|---------------|--|
| RED | Hamburger bun |
| YELLOW | 4 ounce hamburger |
| GREEN | Lettuce, tomato, onion |
| | Fats/seasonings: Mustard, mayonnaise, ketchup, dill relish |
| | Sugar-free beverage: Sparkling water |

DINNER

| | |
|---------------|--|
| RED | Baked potato, small roll |
| YELLOW | Large baked chicken breast |
| GREEN | Green Salad, broccoli |
| | Fats/seasonings: Butter, salad dressing, pepper, herbs |
| | Sugar-free beverage: Hot tea |

SNACKS: Nuts, String Cheese, Raw Vegetables (**YELLOW, GREEN**)
Drink sugar-free beverages between meals for adequate hydration.