

**Plan out your meal with a 9-inch plate to keep all food groups in different proportions.**

1

Start off your meal with a clear broth soup to hydrate and fill your stomach in order to avoid overeating.

2

Fill ½ of your plate with different colored non-starchy vegetables, such as string beans, broccoli, mushroom, black fungus, carrots, and collard greens.

3

Fill ¼ of your plate with 3-4 oz. of lean protein per meal, such as chicken, black beans, beef, fish, or turkey.

4

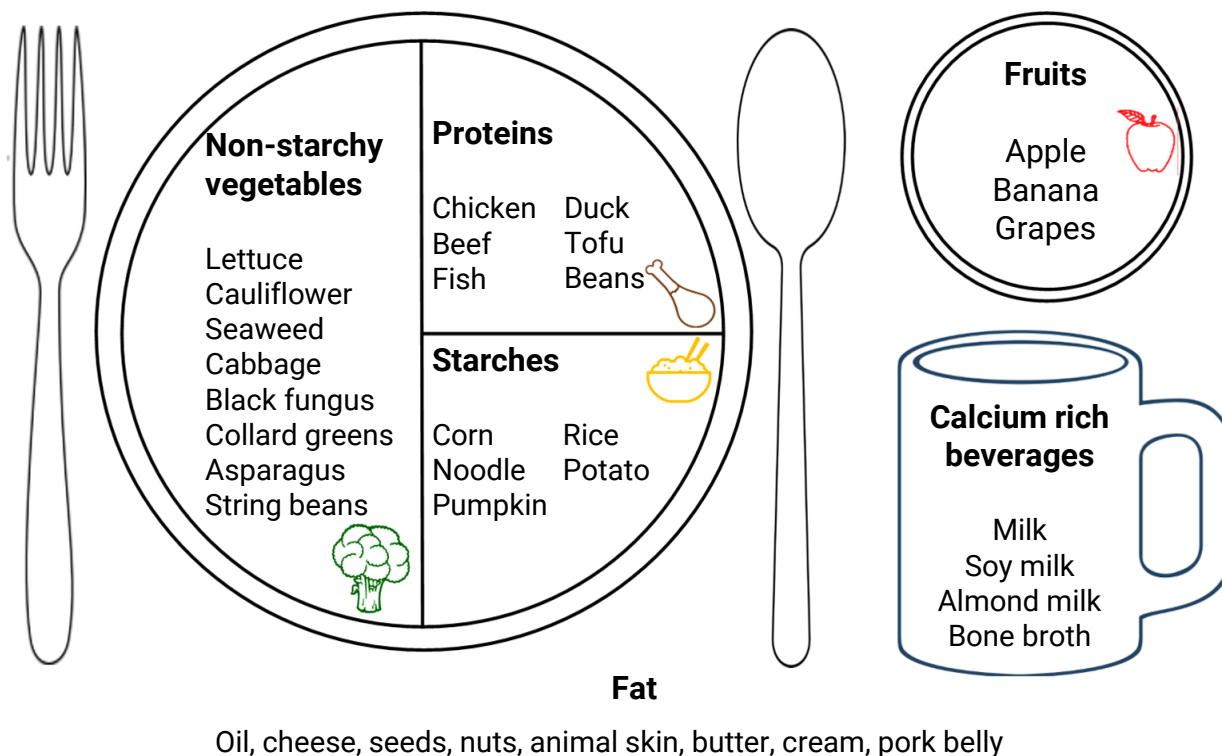
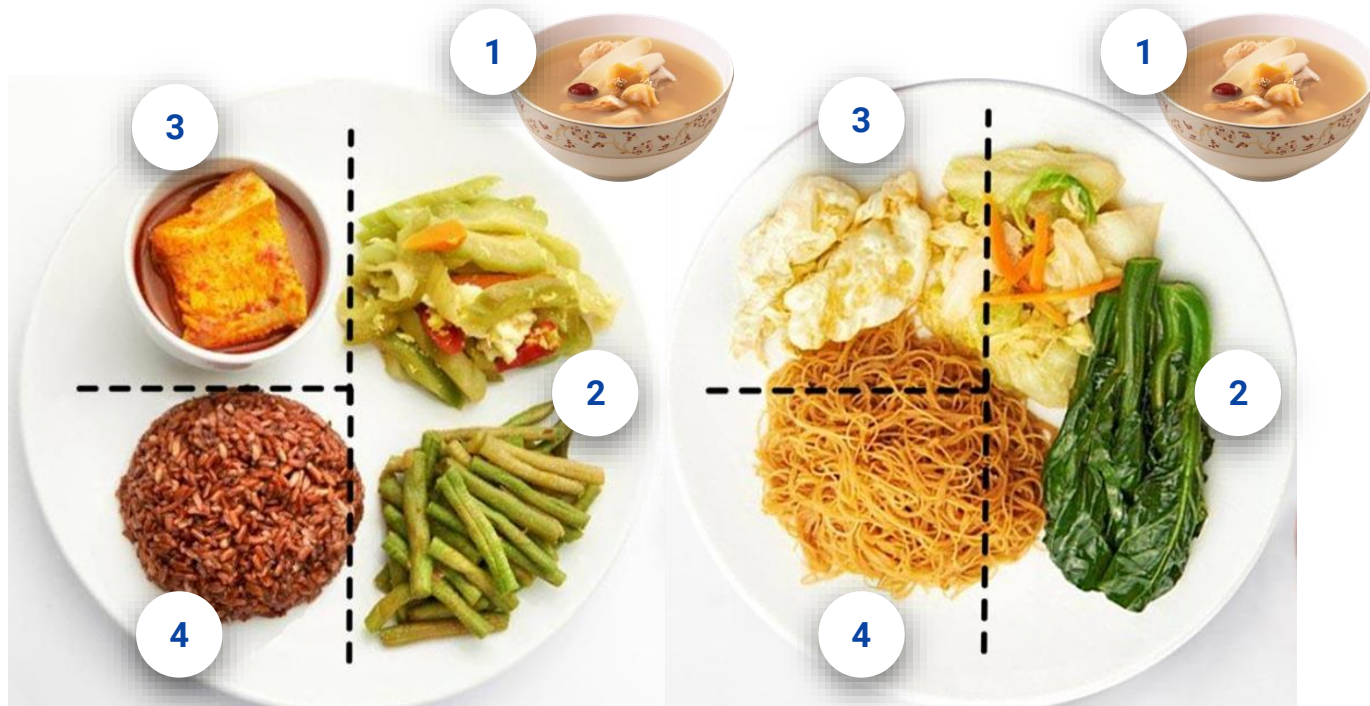
Fill a quarter of your plate with starch such as rice, noodles, pasta, bread, taro, potatoes or pumpkins.

5

Eat slowly to avoid overeating. Wait 20 minutes before considering having second portions.

6

Use fruits as desserts or snacks.



# The importance of a balanced diet

Nutrition is the foundation of good health. You may wonder how to eat right without dieting. Here is a quick guide for you to stick to healthy eating in any joyous season.



# Nutritious Asian Plate Planner



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