Table 1: A caption.

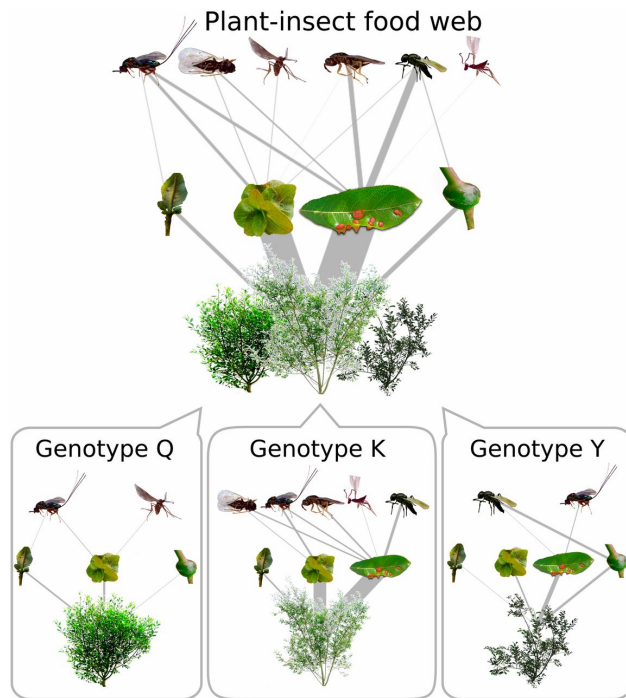| Sepal.Length	Sepal.Width	Petal.Length	Petal.Width	Species
5.1	3.5	1.4	0.2	setosa
4.9	3.0	1.4	0.2	setosa
4.7	3.2	1.3	0.2	setosa
4.6	3.1	1.5	0.2	setosa
5.0	3.6	1.4	0.2	setosa

Figure 1: Here is a nice figure from one of my papers. You can use chunk options for resizing and aligning the figure.
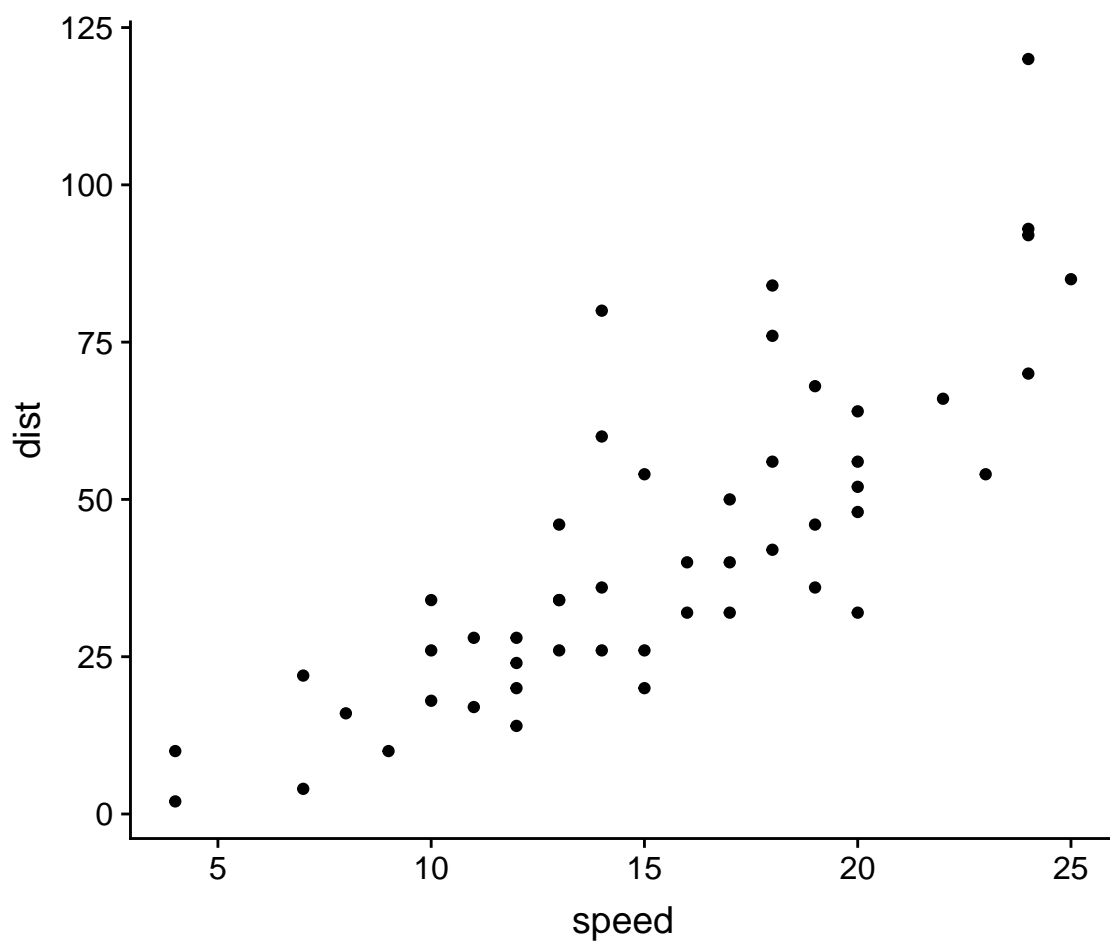
Figure 2: Here is a figure generated directly from R code. Note that you use different chunk options to adjust this type of figure.