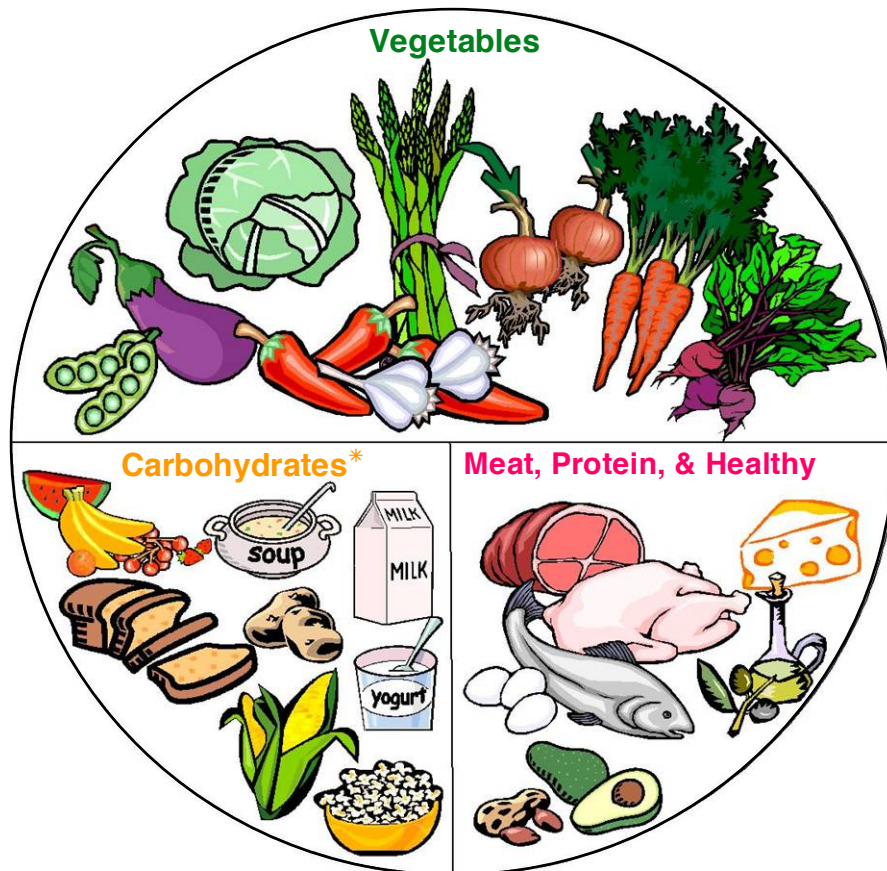


## The Plate Method is Useful:

The Plate Method is a visual method designed to make meal planning easy. Use this diagram with the **Food Guide for Meal Planning (on reverse)**.



### Vegetables

Fill half ( $\frac{1}{2}$ ) of your plate with vegetables

### Carbohydrates\*

Fill a quarter ( $\frac{1}{4}$ ) of your plate with carbohydrates

- \* For snacks between meals, choose 1 carbohydrate choice (for example, 1 medium apple, or 1 artificially sweetened yogurt, or 3 cups popcorn)

### Protein

Fill a quarter ( $\frac{1}{4}$ ) of your plate with protein: include 3 - 6 ounces (3 ounces = 1 deck of poker cards)

### Fats and Oils

Include 1 - 3 teaspoons of healthy fats and oils. Choose mono-unsaturated (olive, peanut or canola oil) or fats high in Omega 3s (fish oils).