Balance Your Plate

There are no bad foods, just bad portion sizes.
- Eat fruits and veggies
- Increase fiber
- Lower fat

1/2 Plate Vegetables

1/4 Plate Protein

1/4 Plate Carbohydrates

Eat 3 meals every day at regular times.

1 portion of PROTEINS
1-2 portions of VEGETABLES
1 portion of FRUIT
2 portions of STARCH

= A BALANCED PLATE

Balance your plate at each meal!
Choose a fruit or vegetable for a snack
- Add a fruit if you'd like
dinner - add a fruit if you'd like
include 2 or more vegetables at lunch and
include a fruit with breakfast
you will have a good portion for your meal
_fill your 2 hands with fruits and vegetables

How much fruit & vegetables?
- Have starch food with every meal
  to eat smaller portions
  if you're eating large portions, take steps
  size of your fist for each portion

How much starch?
- For men: 4-7 ounces
- For women: 3-5 ounces
_size of the palm of your hand

How much protein?
- Ideas for increasing fiber
  - add beans to salads or soup
  - For a low-fat protein eat more beans
  - use low-fat or nonfat milk and milk products
  - Bake, grill or grill instead of fry
  - Choose leaner cuts of meat, trim off the
  - Be creative! Try new foods

Ideas for reducing fat