

# My Healthy Plate



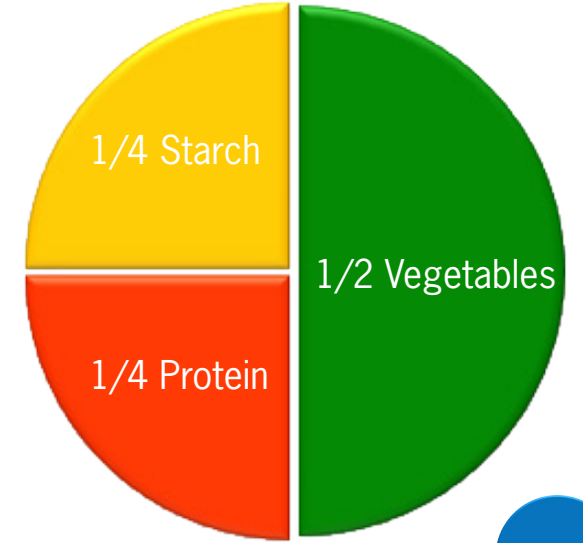
**1/4 Starch**

**1/4 Protein**

**1/2 Vegetables**



Plan the portions on your plate.



 Optional Fruit or Dairy



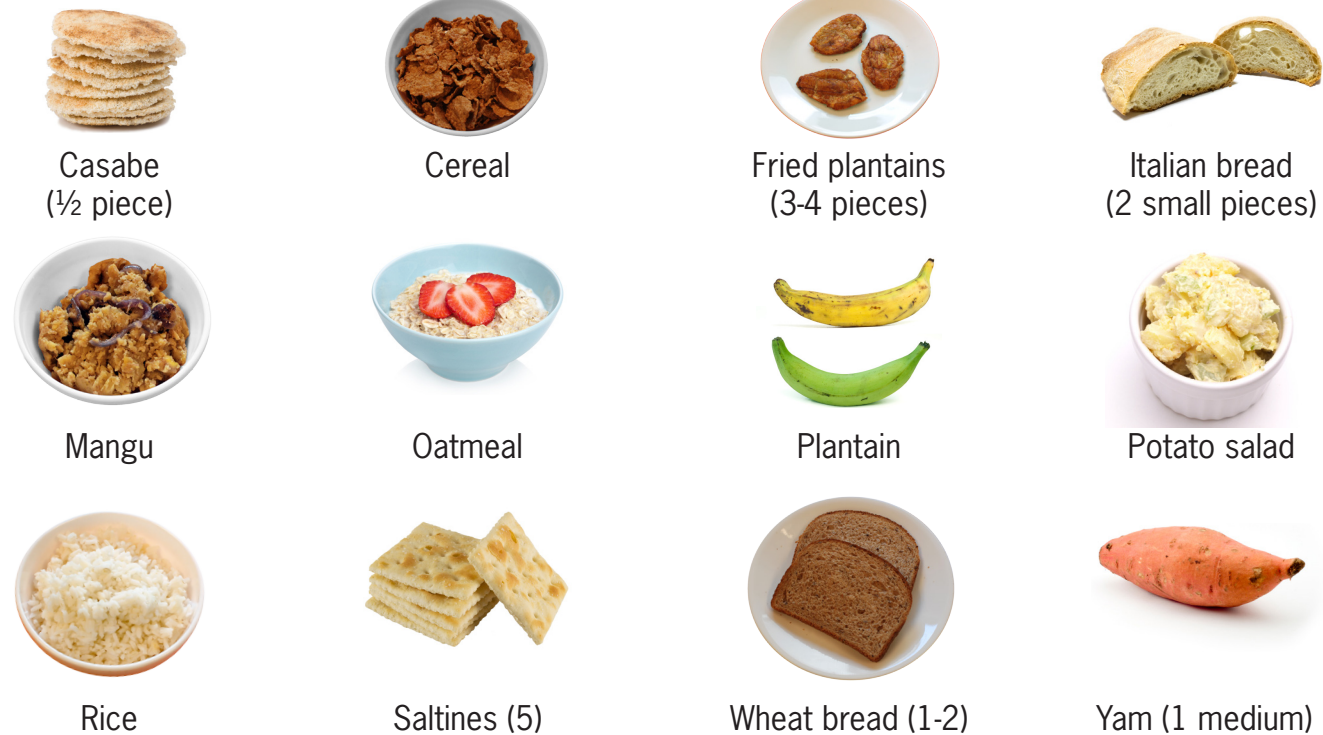
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# My Meal Planner: Portion Sizes

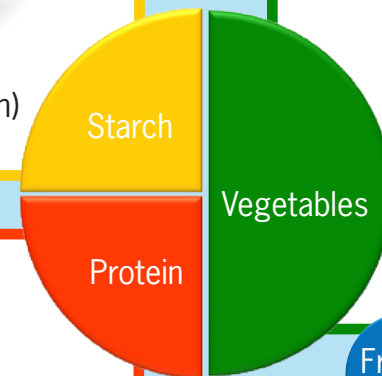
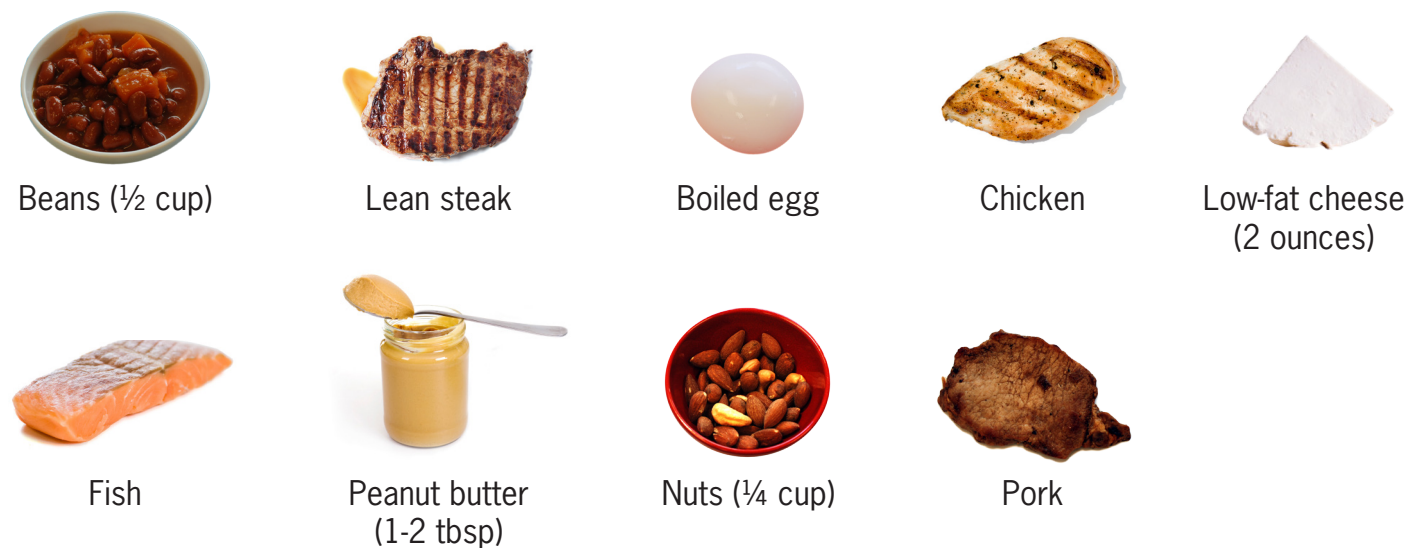
## Pick 1 starch = 1 cup



## Pick 2 or more vegetables = 2 cups



## Pick 1 protein = 4 ounces



## Optional: Pick 1 fruit or 1 dairy = 1 small piece or 1 cup

