

# What Does A Balanced Meal Look Like?

**A Healthy Meal Tastes Great**



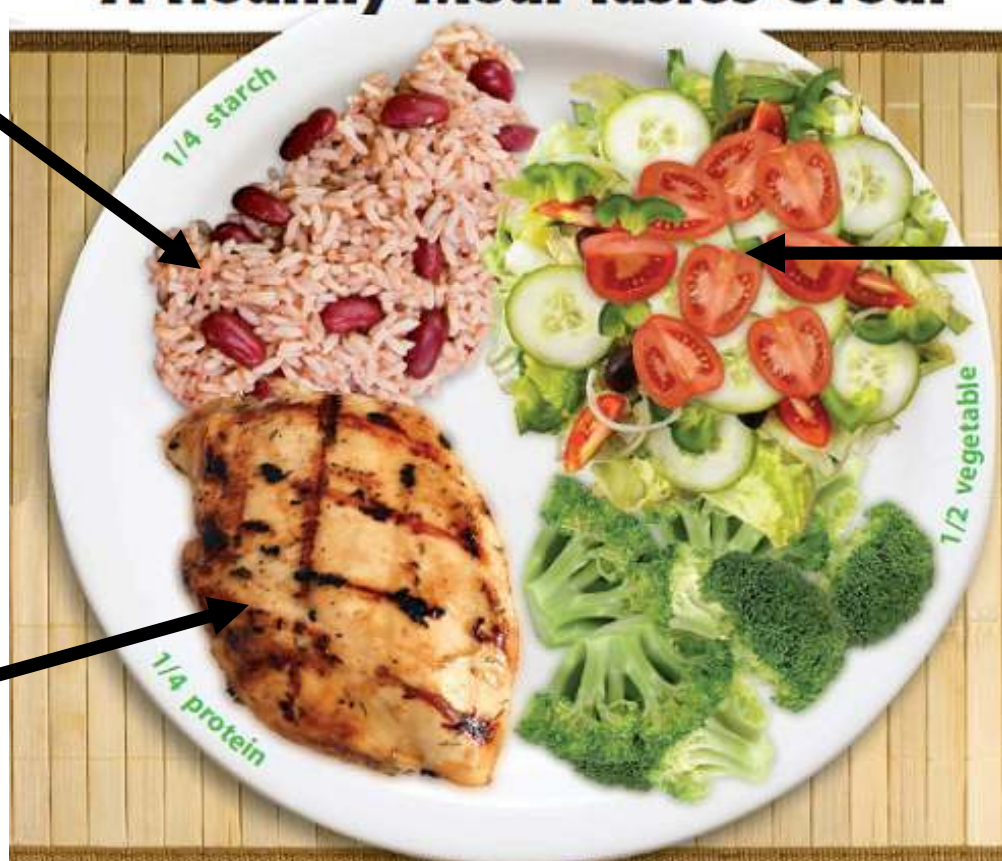
**Size of your Fist**

Amount of  
Rice, Pasta,  
Cereal, Potato, Corn,  
Peas, Grains, Starches



**Size of your Palm**

Amount of  
Lean Meat  
and Protein



**Size of your Hand**

Amount of  
Vegetables

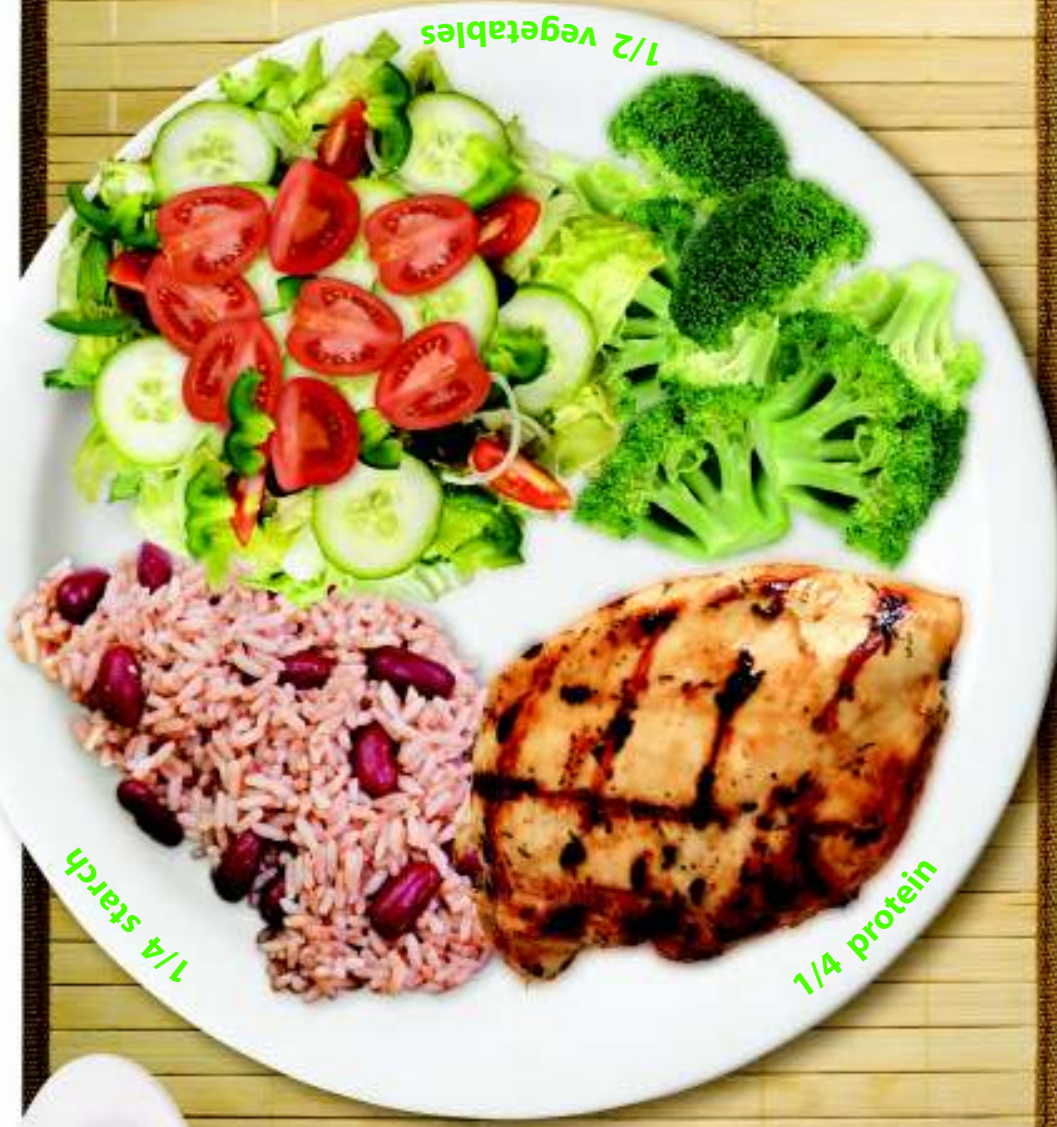
**Plate Method**

# My Plate Planner

## A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate





# Let's Plan Your Meal

## Breakfast

**Starch**

Whole grain has more fiber and more nutrients.

**Protein**

Low-fat proteins are better for your heart and waistline.

Add a small piece of fruit or leave empty.

Cold Cereal  
Bread  
Oatmeal  
1% Milk  
Low-fat Yogurt  
Egg  
Low-fat or Natural Peanut Butter  
Cottage Cheese  
Apple  
Orange  
Banana

## Lunch/Dinner

**Starch**

Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.

**Protein**

Bake, broil, boil or steam your protein instead of frying.

**Vegetables**

Fill half your plate with more than one vegetable, so you won't get tired of your favorites.

Yams  
Potatoes  
Brown Rice  
Corn  
Peas  
Broccoli  
Lettuce  
Beef  
Chicken  
Fish  
Okra  
Carrots  
Green Beans

**Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch**