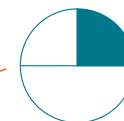


THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, one slice of whole-grain bread, or one corn or whole-wheat tortilla.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, asparagus, greens, tomatoes, or romaine lettuce.



For good nutrition also choose each day:

- 1 small fruit serving, such as an orange, banana, apple, or 1 cup of berries or melon with each meal.
- 2 to 3 cups of nonfat or low-fat milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, trans-fat-free margarine, or a small handful of nuts.