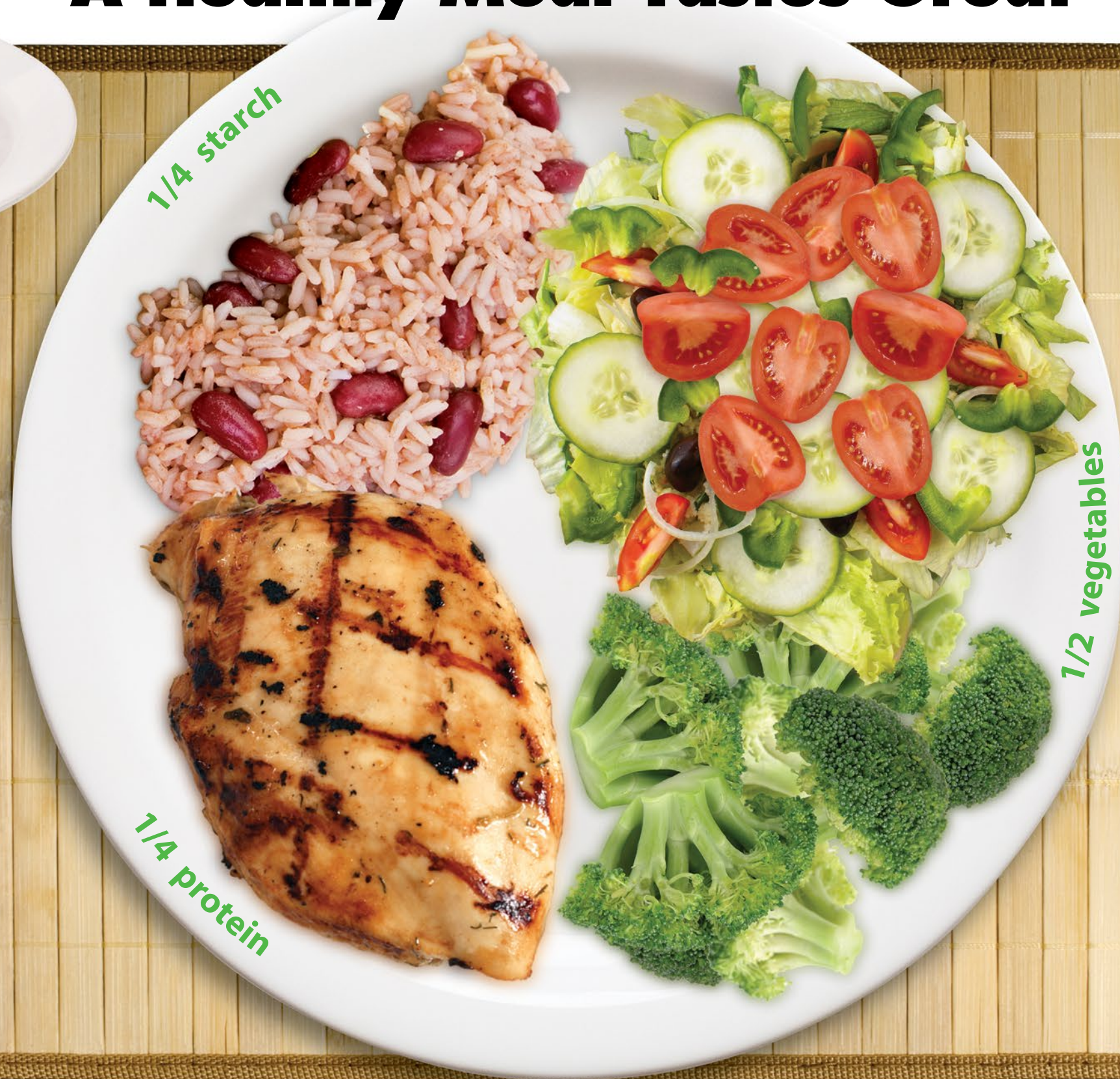


My Plate Planner

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.

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

Protein

Add a small piece of fruit or leave empty.

Starch items: Bread, Oatmeal, Cold Cereal, 1% Milk, Low-fat Yogurt

Protein items: Egg, Low-fat or Natural Peanut Butter, Cottage Cheese

Fruit items: Banana, Apple, Orange

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

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.

Starch items: Corn, Peas, Yams, Potatoes, Brown Rice

Protein items: Beef, Chicken, Fish

Vegetable items: Broccoli, Lettuce, Okra, Carrots, Green Beans