

Grains 1/4

Veggies 1/2

Protein 1/4 1/4s

Portion Size Your Plate

**½ PLATE VEGETABLES:**

Fill half your plate with a colorful assortment of different vegetables for good

nutrition and tastes to please your palate.

**¼ PLATE PROTEINS:**

Low-fat proteins are good for your heart and better for your waistline. Bake, broil,

or grill your way to a delicious and healthy meal.

**¼ PLATE STARCHES:**

Whole-grain starches are good for your heart and keep you feeling fuller longer.

While foods like yams, potatoes and corn are considered vegetables, they are high

in starch and should be placed on this part of your plate.

**Manage your fat intake.**

Add high quality, nutrient dense fats to your meals. Butter, olive, coconut oils used in the proper amounts can provide beneficial nutrients.

**Measuring Guidelines**

1cup = baseball  = 3 oz meat or fowl = 3 oz of fish = checkbook

= pancake  Hockey puck= muffin  = 1 1/2 oz of cheese  Poker chip= 1 tbsp

fats&oils