

My Plate Planner

Please refer to meal planning guidelines on the back.



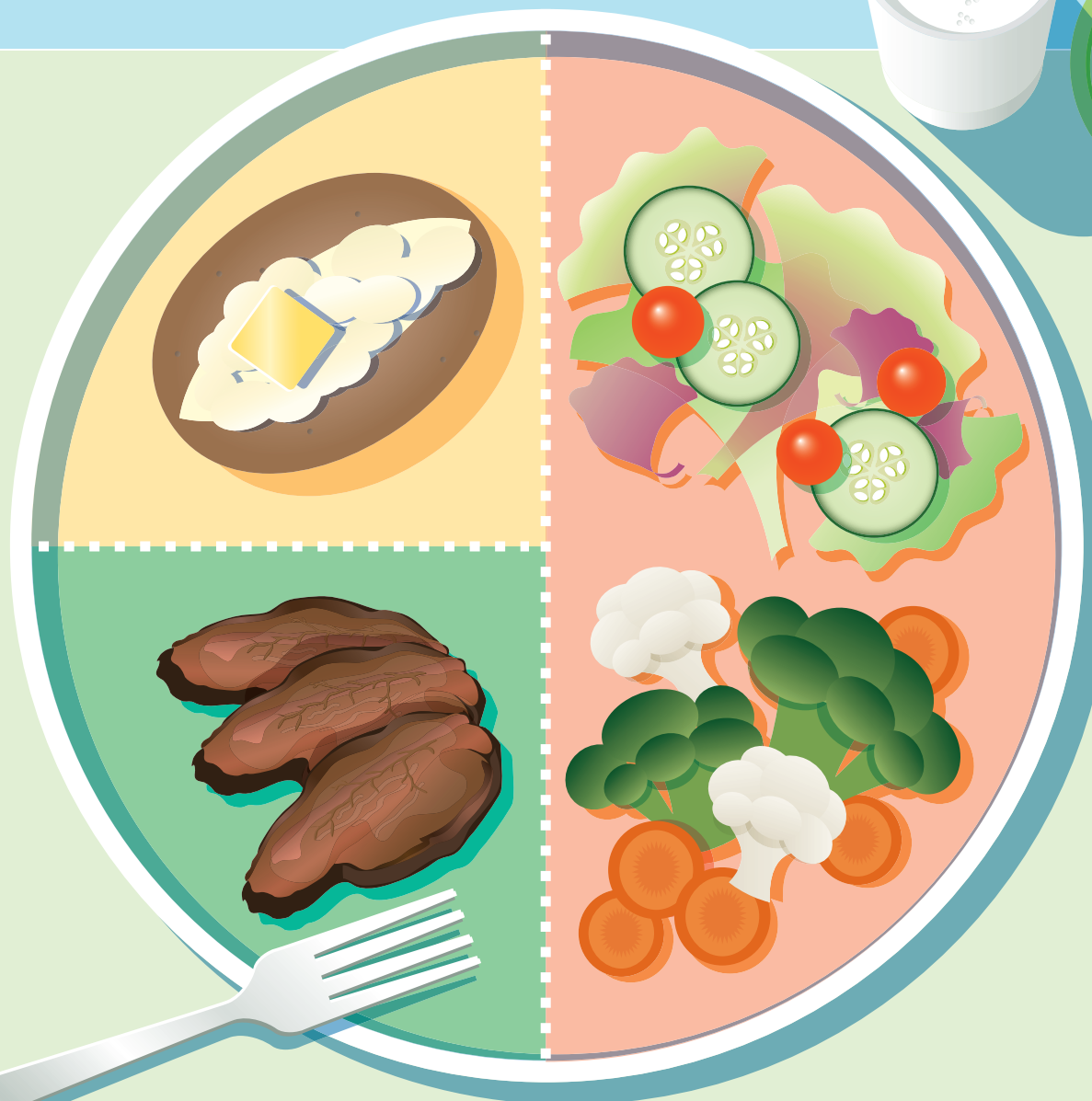
My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.



8-ounce
glass of milk



Free foods



9-inch plate



Meal Planning Guidelines

Carbohydrates

Choose any 3 servings at each meal.*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

Meats and proteins

Choose 1–3 servings per meal.*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

Fats

Choose 1–2 servings per meal.*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

Free foods

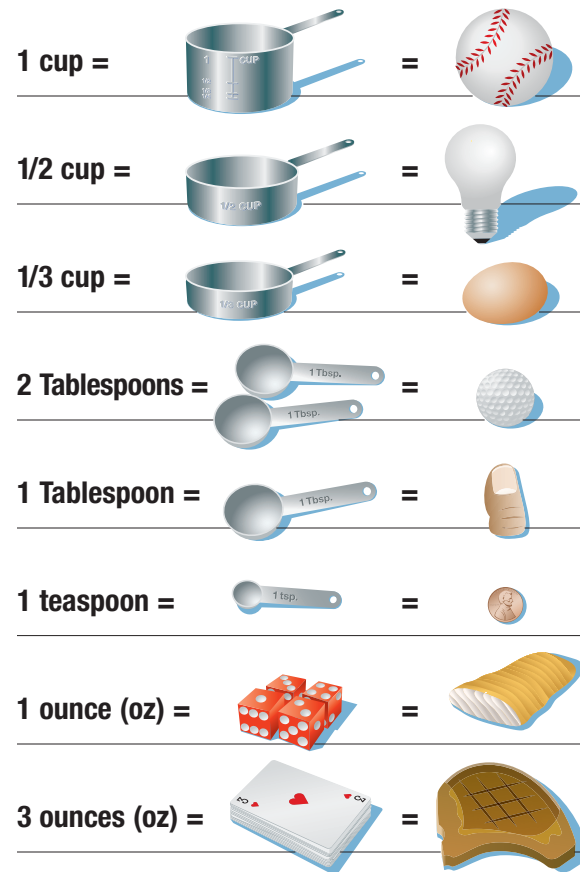
Foods with less than 20 calories per serving

Use as desired:*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

Visual Tips for Portion Sizes



For more information

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