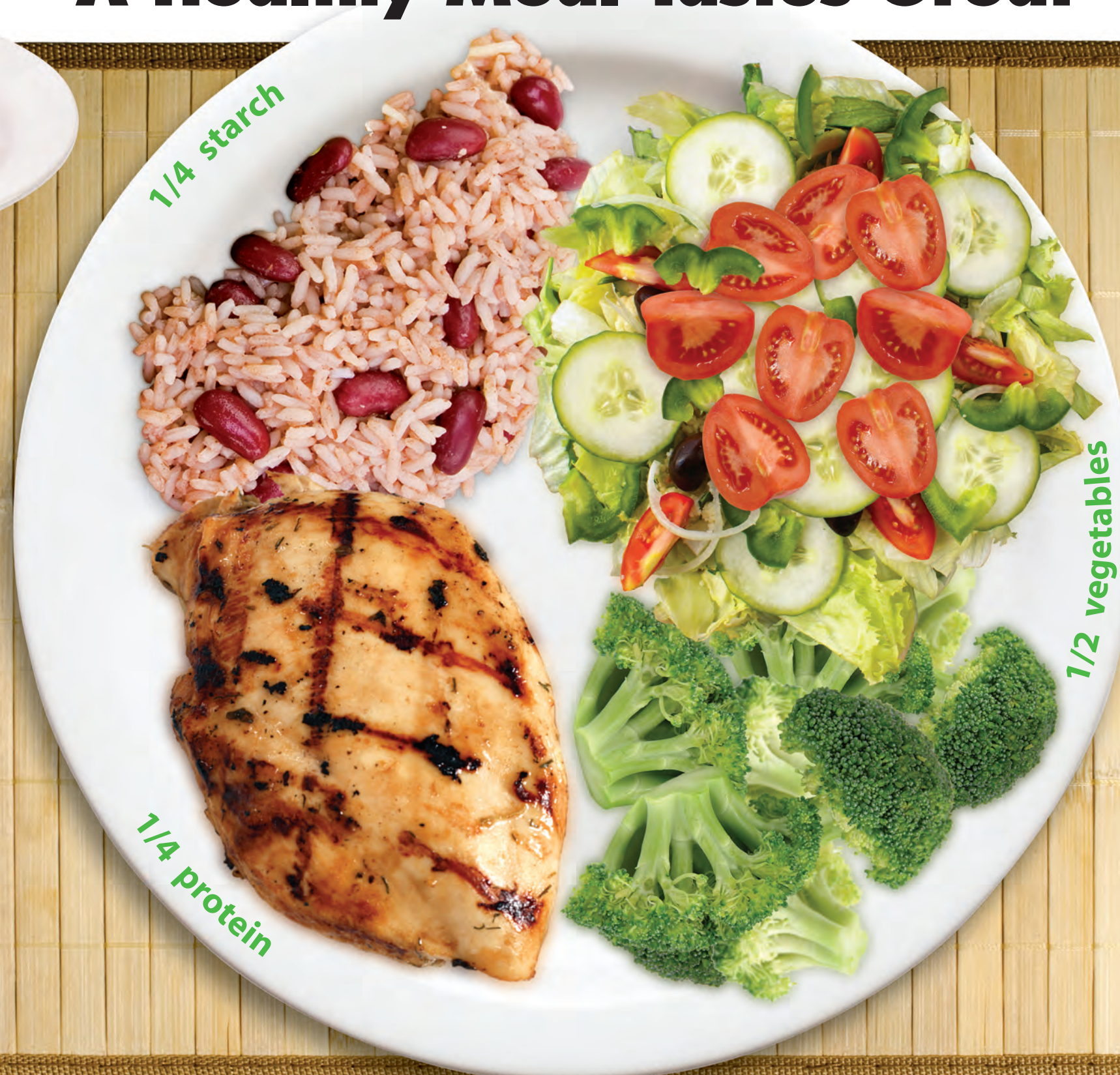


My Plate Planner

A Healthy Meal Tastes Great

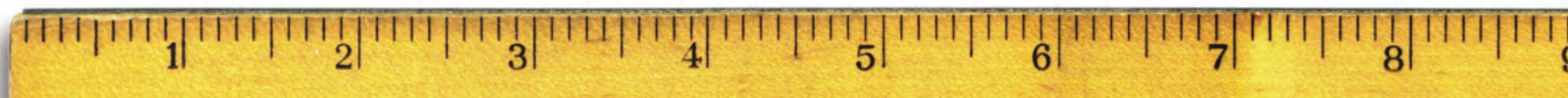


The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



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.

Oatmeal

1% Milk

Low-fat Yogurt

Bread

Cold Cereal

Egg

Low-fat or Natural Peanut Butter

Cottage Cheese

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.

Peas

Corn

Broccoli

Lettuce

Yams

Potatoes

Brown Rice

Okra

Carrots

Green Beans

Beef

Chicken

Fish