

My Plate Planner

A Healthy Meal Tastes Great



6oz.
Fat-free or
1% milk



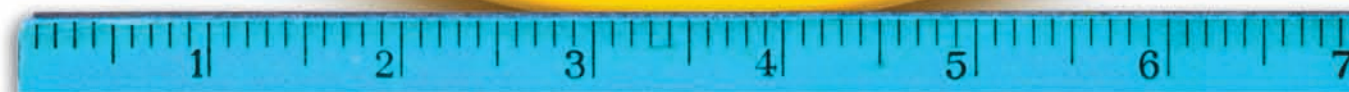
The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



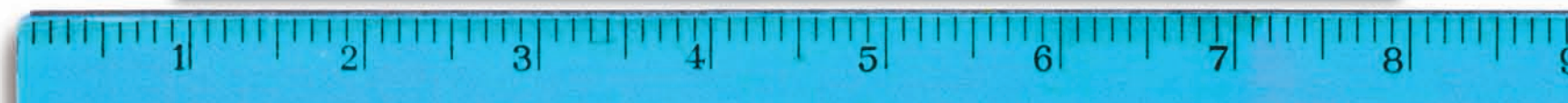
Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions

- Palm of Hand**
Amount of Lean Meat
- A Fist**
Amount of Rice, Cooked Pasta, or Cereal
- A Thumb**
Amount of Cheese
- Thumb Tip**
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



7-inch plate (children)



How to Choose Healthy



Don't Eat This!

Eat This!

White Bread

White Rice

Low in Fiber

Full of Sugar!

Soda

Juice

Oily!

Lots of Fat

Fried Fish Sticks

Spare Ribs

Sausage

Double Cheeseburger

Pepperoni Pizza

Green Beans

Banana

Spinach

Water

Full of Vitamins

Orange

Apple

Carrots

Fat-Free Milk

Calcium for Your Bones

Helps You Grow

1/2 vegetable

Full of Fiber

1/4 protein

1/4 starch

Grilled Beef

Baked Fish

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Whole Wheat Veggie Pizza

Beans

Oatmeal

Whole Wheat Bread



Palm of Hand
Amount of Lean Meat



A Fist
Amount of Rice, Cooked Pasta or Cereal

Your hand can help you measure the right amount of food to eat.

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



A Thumb
Amount of Cheese



Thumb Tip
Amount of Peanut Butter