

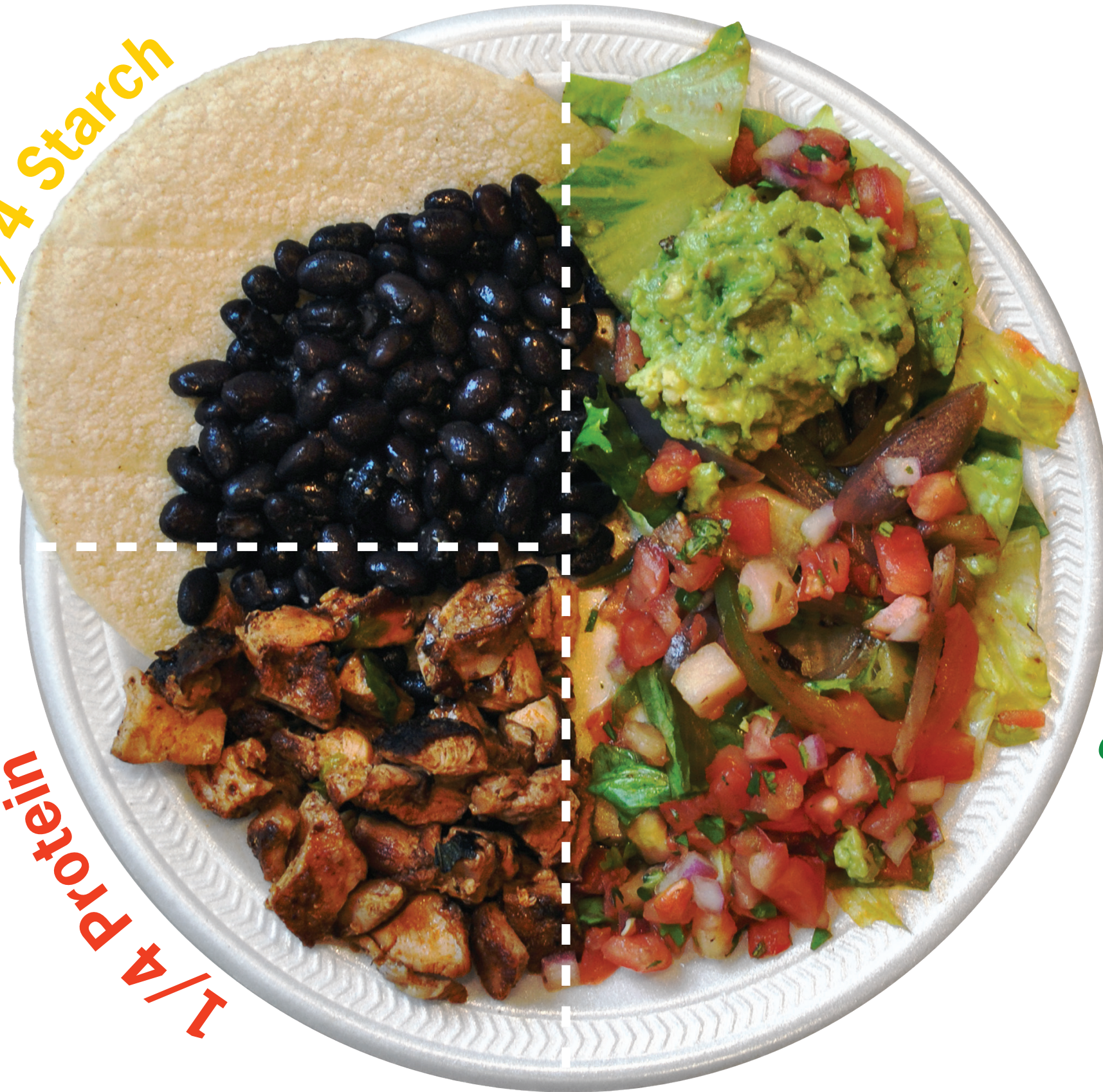
# My Healthy Plate



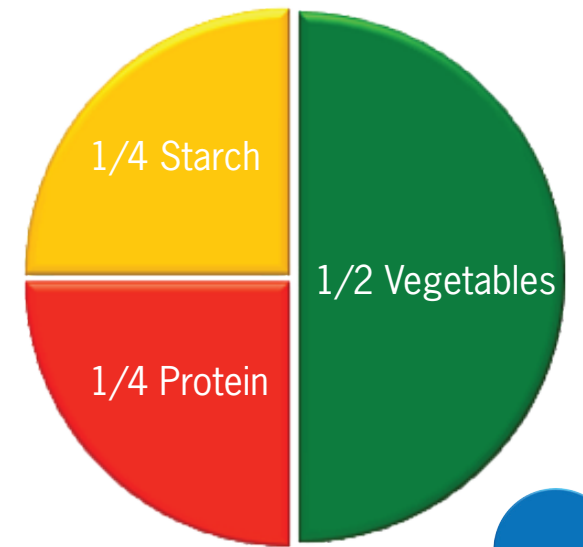
1/4 Starch

1/4 Protein

1/2 Vegetables



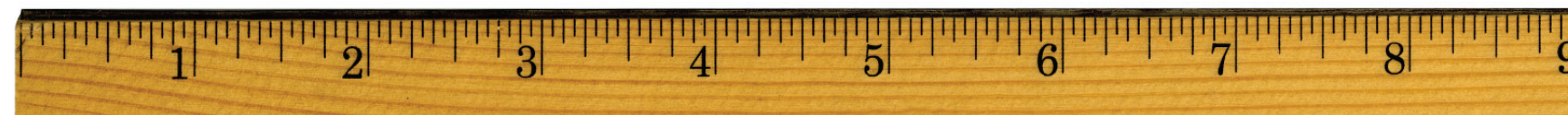
Plan the portions on your plate.



Optional Fruit or Dairy



[www.institute2000.org](http://www.institute2000.org)





# My Meal Planner: Portion Sizes

Pick **1** starch = 1 cup



Cereal



Corn



Corn tortilla (1-2)



Hard tortilla (1-2)



Oatmeal



Posole



Rice



Saltines (5)



Yam (1 medium)



Tamale (1/2)

Pick **2** or **more** vegetables = 2 cups



Chayote



Gherkin



Jicama



Mexican squash



Nopal



Onion



Red pepper



Salsa fresca



Salsa verde



Spicy peppers



Tomatillos



Tomato

Pick **1** protein = 4 ounces



Beans  
(1/2 cup)



Beef



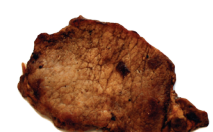
Boiled egg



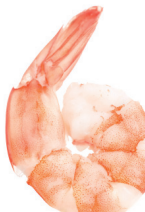
Ceviche  
(1 cup)



Chicken



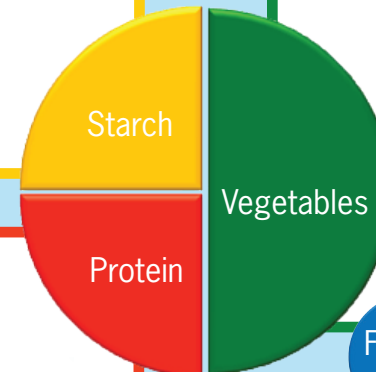
Pork



Shrimp  
(1 cup)



Queso blanco  
(2 ounces)



Fruit or  
Dairy

Optional: Pick **1** fruit or **1** dairy = 1 small piece or 1 cup



Apple



Banana



Guava



Mango



1% milk



Plain or light  
yogurt