

My Plate Planner

A Healthy Meal Tastes Great



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



7-inch plate (children)

9-inch plate (adult)



How to Choose Healthy



Don't Eat This!



White Bread



White Rice



Fried Fish Sticks



Spare Ribs



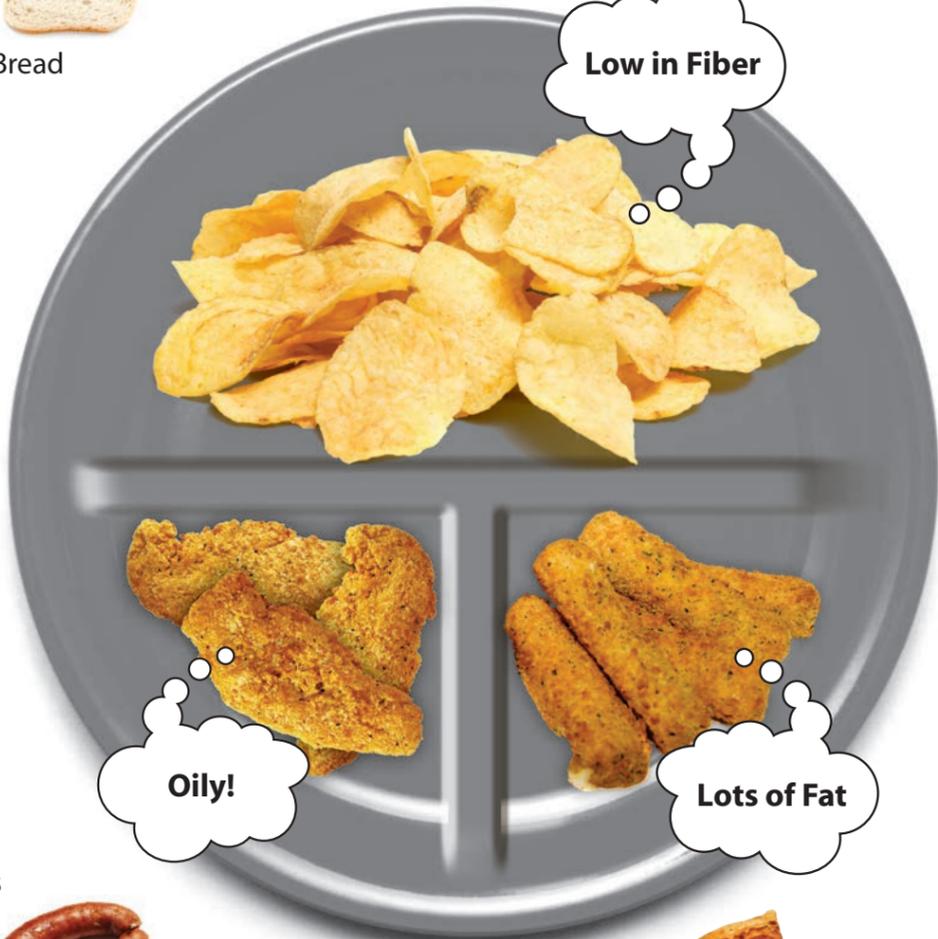
Sausage



Double Cheeseburger



Pepperoni Pizza



Full of Sugar!



Soda



Juice



Eat This!



Green Beans



Spinach



Orange



Apple



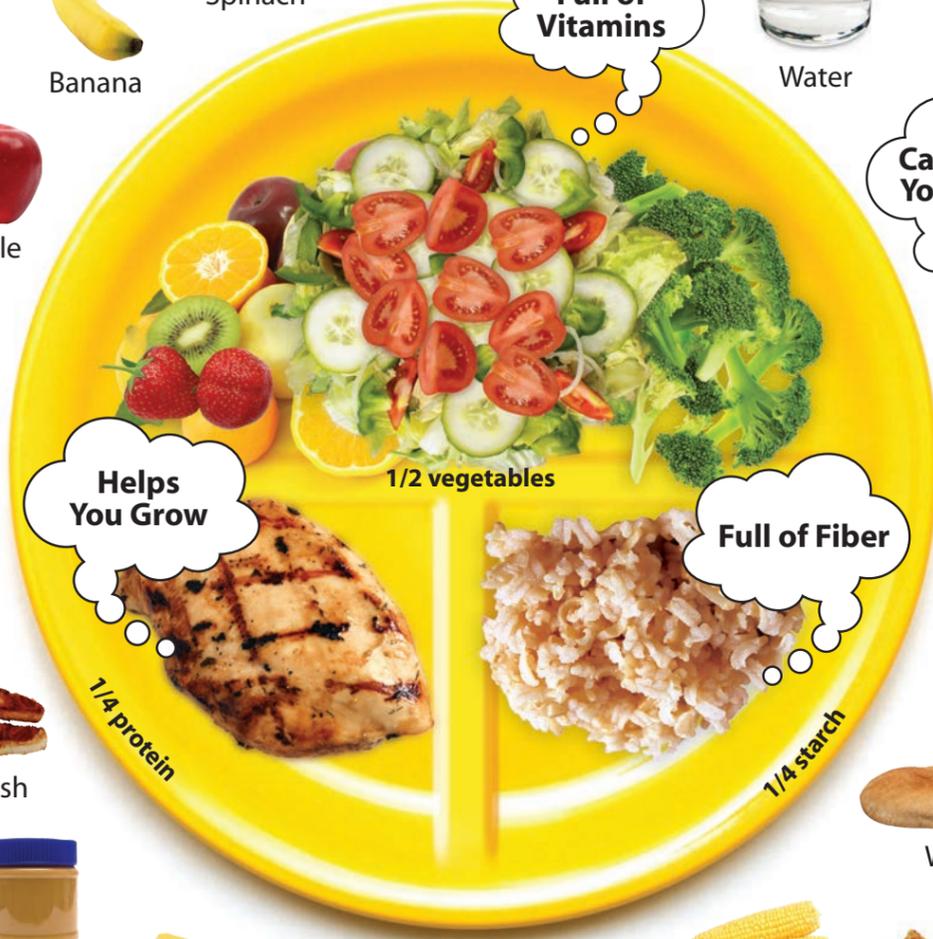
Carrots



Banana



Water



Calcium for Your Bones



Fat-Free Milk



Grilled Beef



Baked Fish



Low-fat Yogurt



Low-fat or Natural Peanut Butter



Cheese



Egg



Yams



Corn



Whole Wheat Veggie Pizza



Oatmeal



Whole Wheat Bread



Beans



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