



Divide Your Plate

Use the guide below to
help with your portions.

On a 9" plate you should have...



Also remember
to drink
with your meal:

ONE
8 oz. cup
of water,
low-fat milk or
other low- or
no-calorie drink

1/2 plate
Fresh Fruits
& Vegetables



1/4 plate
Lean Protein



1/4 plate
Starches or
Whole Grains

