

# A Healthy Plate

The goal of building a healthy plate is to show how eating a variety of foods will help you feel satisfied, help control blood sugar levels and control weight. We hope to make this as easy as possible for you! As you can see, eating more vegetables and less meat and starch can help meet this goal.



Add a small amount of margarine or oil in cooking or at the table.



Choose 1 serving of milk which is 8 ounces.



Add 1 serving of fruit.

Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.



Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.



1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.



For breakfast, use only half the plate.



For lunch and dinner, use the whole plate.

