Divide Your Plate

Use the guide below to help with your portions.

On a 9” plate you should have...

1/2 plate Fresh Fruits & Vegetables

1/4 plate Lean Protein

1/4 plate Starches or Whole Grains

Also remember to drink with your meal:

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

For more information, visit www.CardioSmart.org/Portions.