



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

