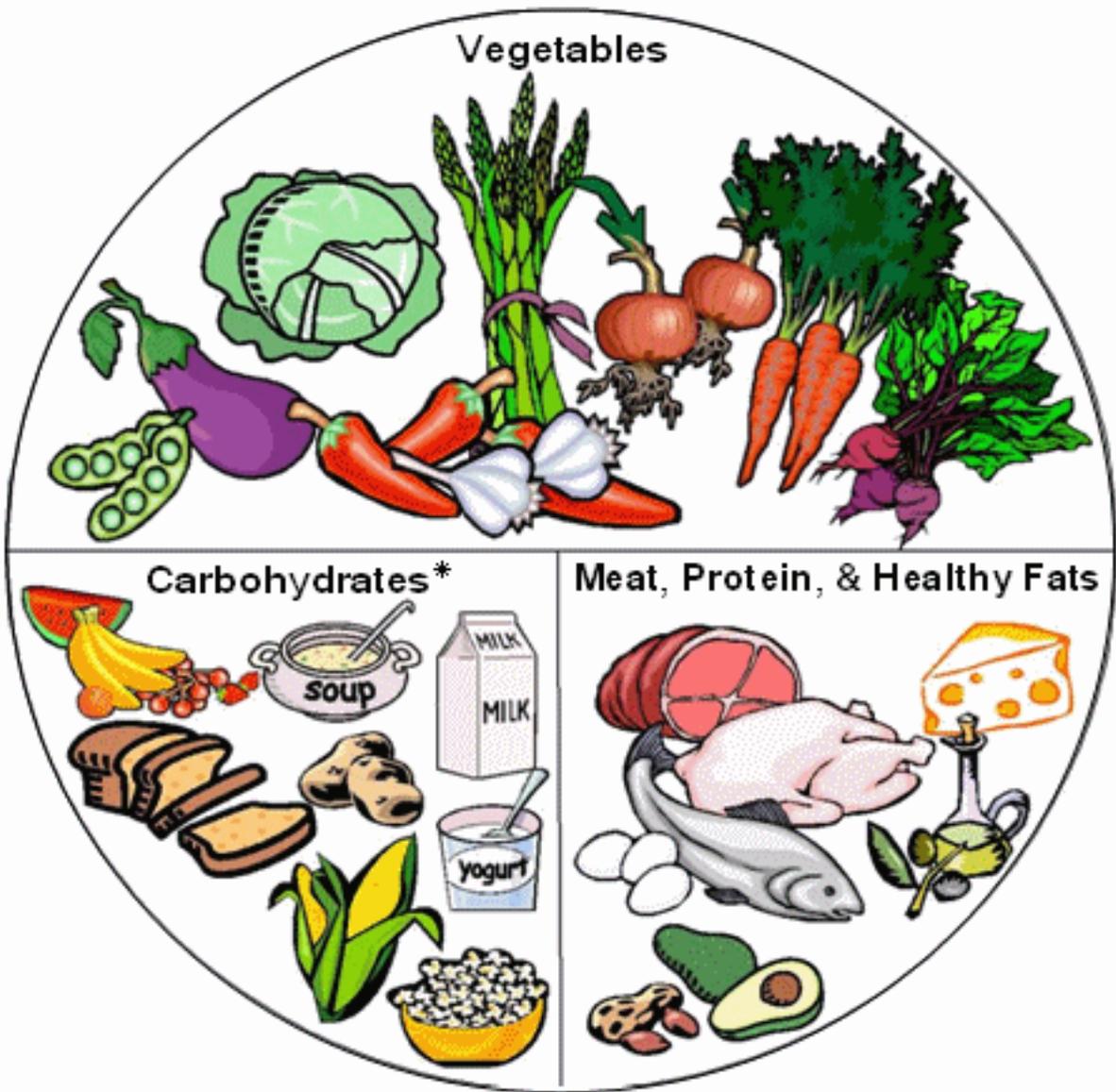


# THE PLATE METHOD

The "plate method" is a simple and effective guide for managing and planning meals. The method is based on a 9-inch diameter plate and helps keep portion sizes in check at each meal.



## STEPS TO CREATE YOUR PLATE

1. Using a 9-inch diameter plate, section the plate off into one half and two quarters.
2. Fill the largest section,  $\frac{1}{2}$  the plate, with non-starchy vegetables.
3. In one of the quarters, place grains and starchy foods like rice, pasta, or potatoes.
4. In the other quarter, include your protein. This might include meat, fish, or beans.
5. Add a serving of fruit, a serving of dairy, or both as your meal plan allows.
6. Choose healthy fats in small amounts. For cooking, use oils. For salads, some healthy additions are nuts, seeds, avocado, and vinaigrettes.
7. To complete your meal, add a low-calorie drink like water, unsweetened tea, or coffee.

