

# My Plate Planner

Please refer to meal planning guidelines on the back.



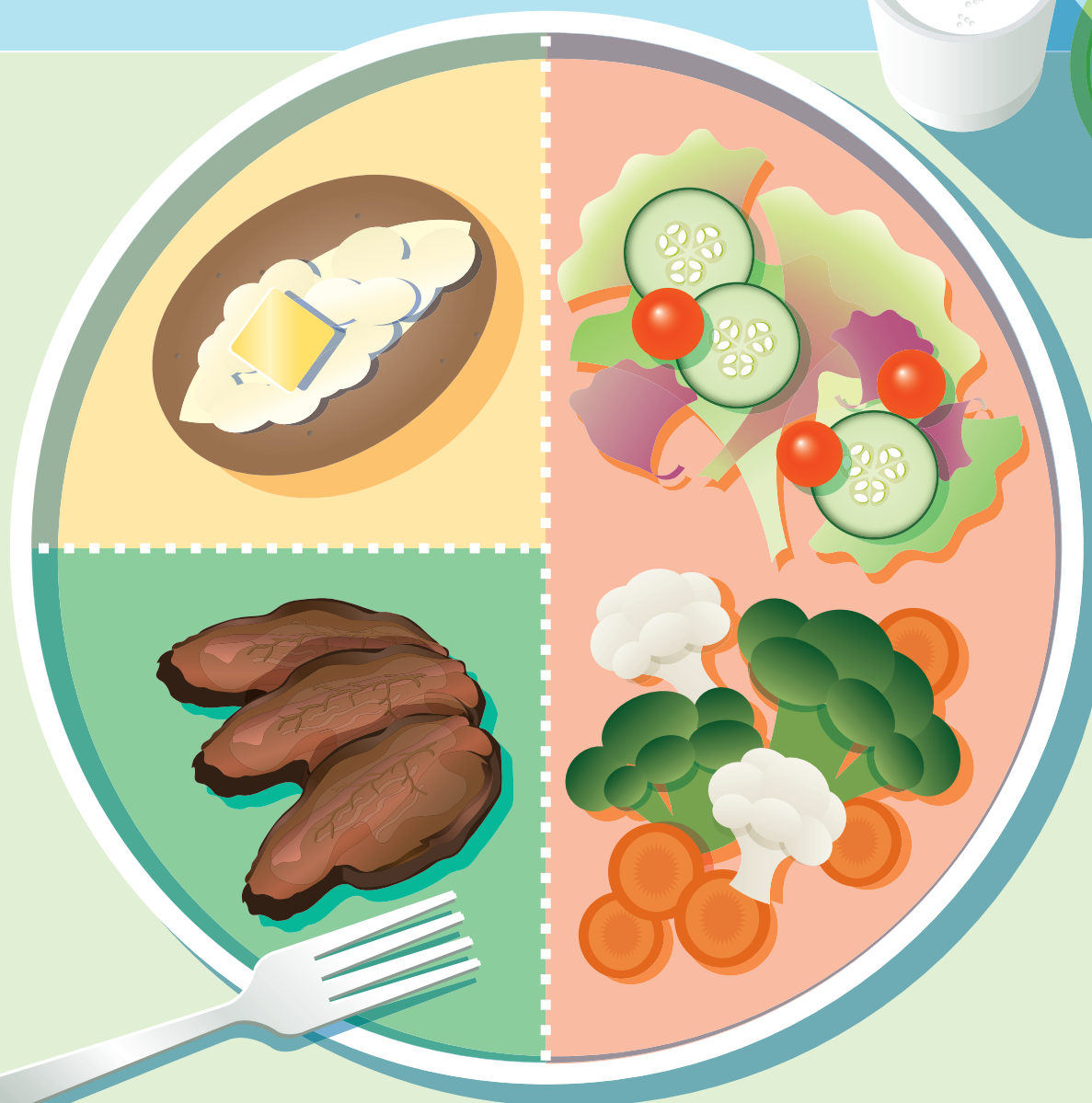
## My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

**For breakfast**, use only half the plate.

**For lunch and dinner**, use the whole plate.



8-ounce  
glass of milk



Free foods



9-inch plate



## Meal Planning Guidelines

### Carbohydrates

Choose any 3 servings at each meal.\*

Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.

Examples of one serving of carbohydrates:

#### Breads and starches

- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

#### Fruits

- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

#### Milk

- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

### Meats and proteins

Choose 1–3 servings per meal.\*

Examples of one serving:

- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

### Fats

Choose 1–2 servings per meal.\*

Examples of one serving:

- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

### Free foods

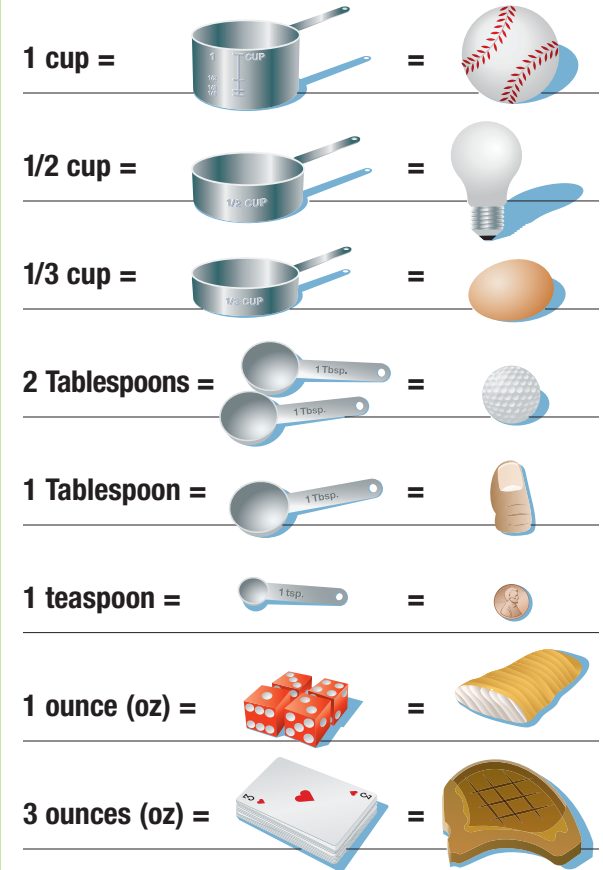
Foods with less than 20 calories per serving

Use as desired:\*

- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

\*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

## Visual Tips for Portion Sizes



### For more information

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H08-00029-02 PP8.5X11 2/09

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