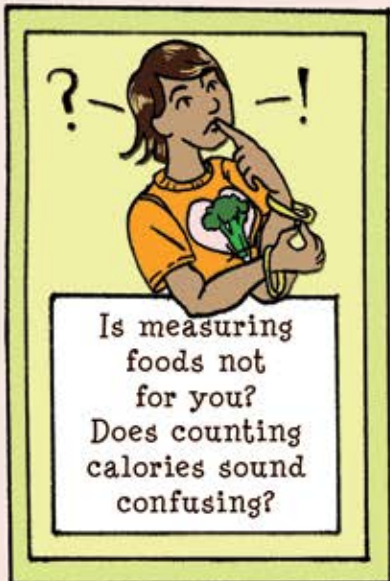


# Is the **Plate Method** of eating right for you?



The Plate Method is a simple way to plan meals. You don't have to count anything or read long lists of foods.

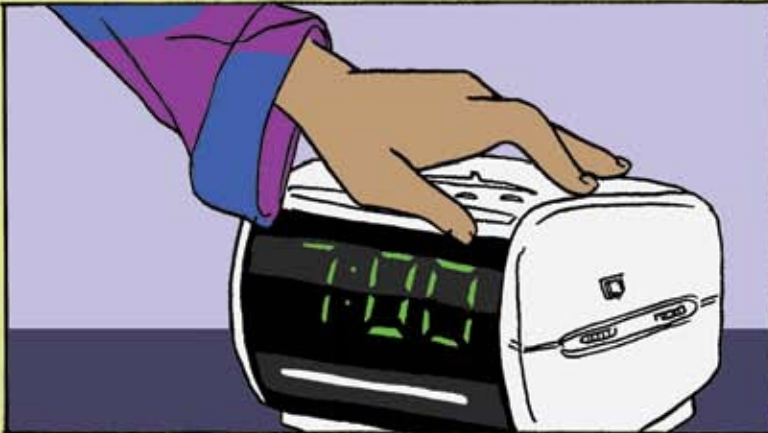
All you need is a 9" plate and a cup!



Most of us eat three meals a day:  
1) Breakfast; 2) Lunch, and 3) Dinner  
(And sometimes a snack or two if you are very active or hungry).  
The Plate Method will help you:

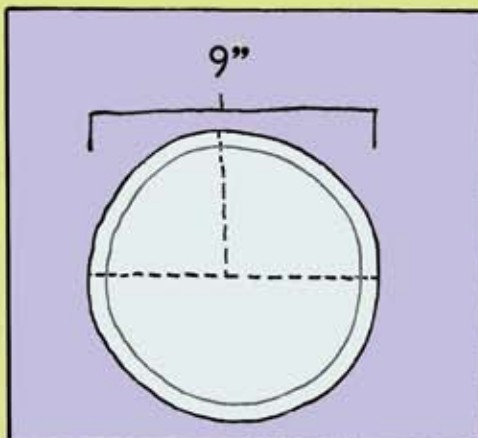


# Here's how you make a meal using the **Plate Method**.

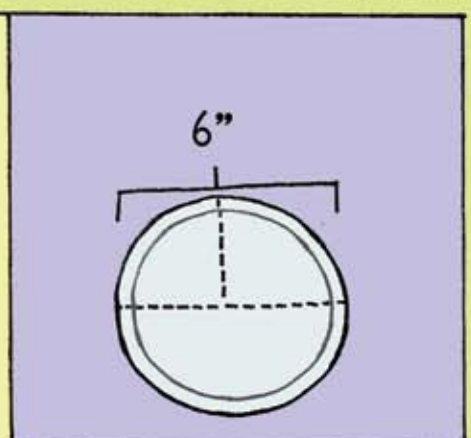


Decide which meal you are eating - breakfast, lunch or dinner.

Put the foods you choose to eat in the proper spot on the plate -  
1/2 plate for vegetables  
(or 1/2 plate empty for breakfast)  
1/4 for lean meat or protein,  
and 1/4 for starch or grain.



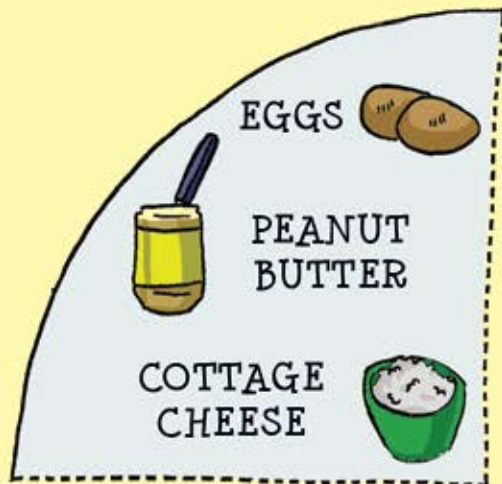
Use a smaller plate if you want to lose weight and divide your food the same way.



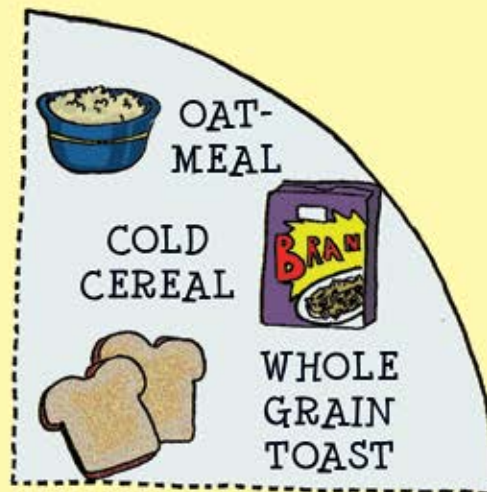
The pages that follow will show you how simple it is to fix breakfast, lunch or dinner using the Plate Method.

# Breakfast AND You...

One-quarter ( $1/4$ ) of your plate is from the MEAT or PROTEIN food group.



One-quarter ( $1/4$ ) of your plate is from the whole grain BREADS or STARCHES food group.

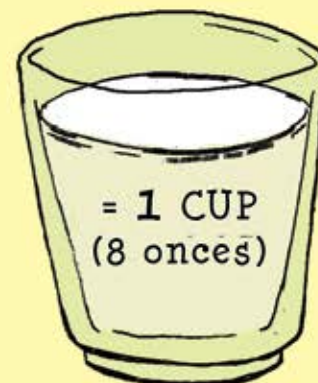


Leave the other half of your plate empty!

You can also have one small piece of FRUIT or one-half ( $1/2$ ) cup of fruit.



And one cup (8 ounces) of low-fat or nonfat MILK.

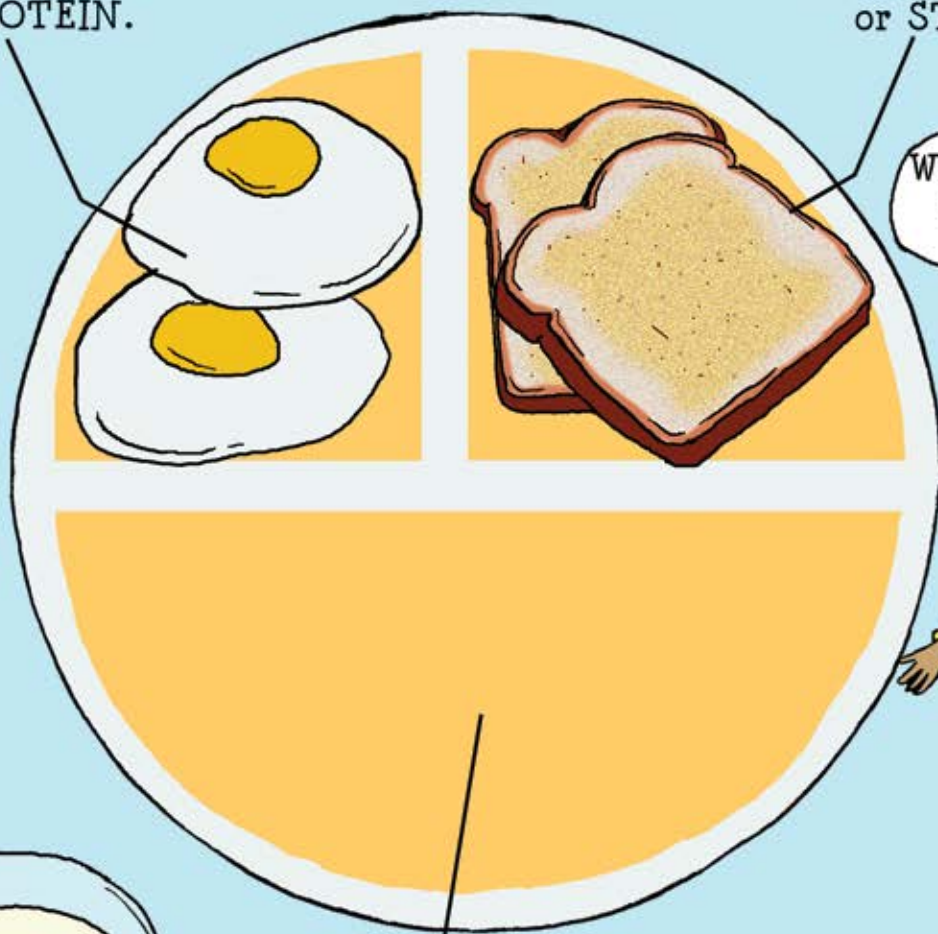


The next page will show you what a sample breakfast looks like.

# Sample Breakfast

One-quarter ( $\frac{1}{4}$ )  
of plate is MEAT  
or PROTEIN.

One-quarter ( $\frac{1}{4}$ )  
of plate is BREADS  
or STARCHES.

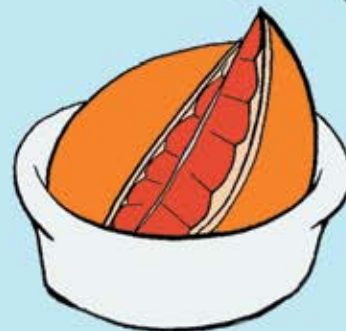


Whole grain bread  
has more fiber  
too!

One-half ( $\frac{1}{2}$ )  
of plate is empty



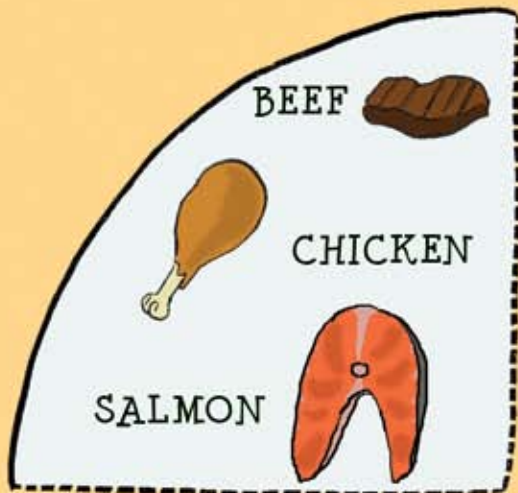
One cup (8 ounces) of  
low-fat or nonfat MILK.



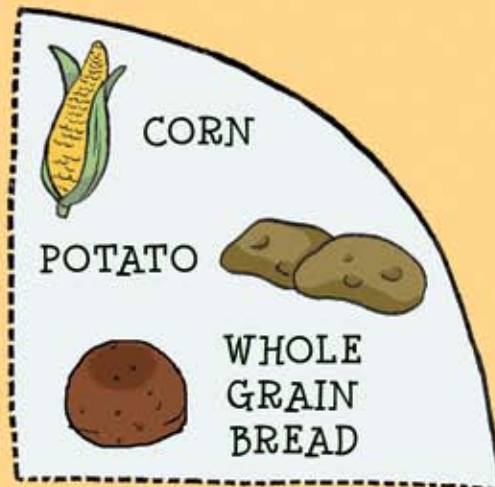
One-half ( $\frac{1}{2}$ )  
cup of FRUIT.

# Lunch **AND** Dinner...

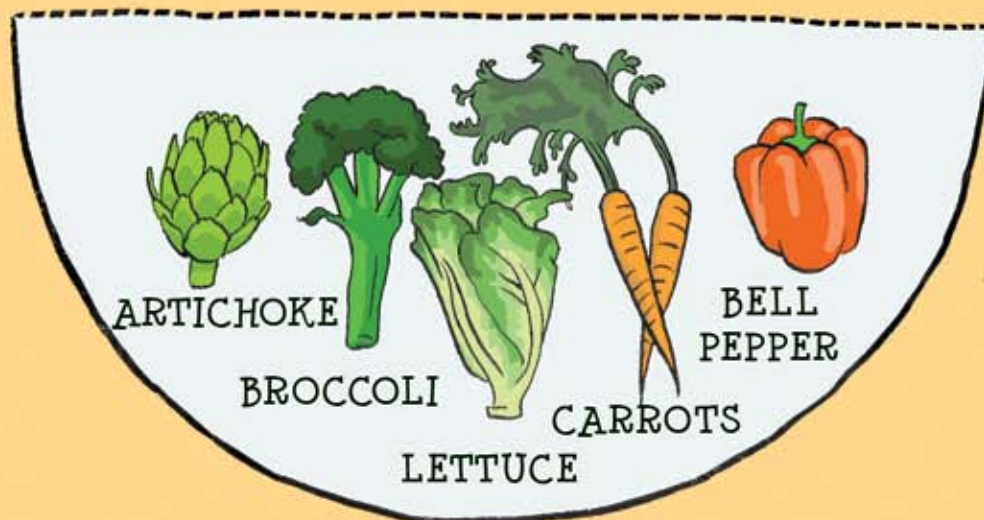
One-quarter (1/4) of your plate is for MEAT or PROTEIN.



One-quarter (1/4) of your plate is for BREADS or STARCHES.



One-half (1/2) of your plate is for NON-STARCHY VEGETABLES.



The next page will show you what a sample lunch or dinner looks like.

# Sample Lunch **A N D** Dinner

One-quarter (1/4)  
of plate is **MEAT** or  
**PROTEIN**.

One-quarter (1/4)  
of plate is **BREADS**  
or **STARCHES**.

Salmon's  
great, but any  
fish  
is good.



One-half (1/2) of plate is  
**NON-STARCHY**  
**VEGETABLES**.



One cup (8 ounces) of  
low-fat or nonfat **MILK**.



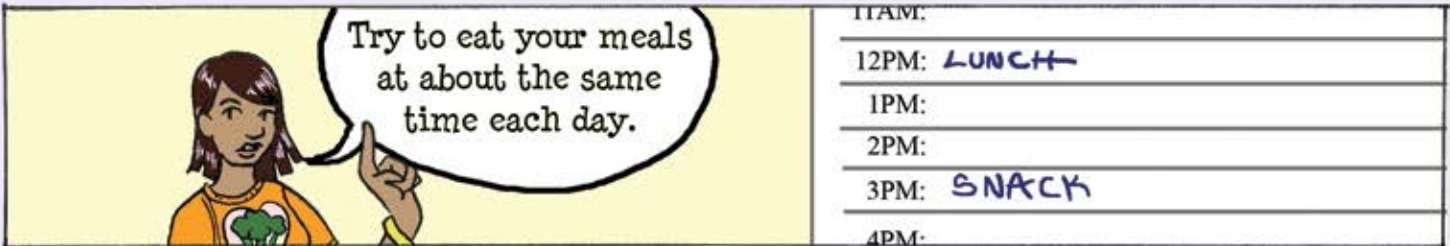
One small piece  
of **FRUIT**.

# Tips

# ON

# Healthy Eating

- ! Your body needs energy (calories) from food all day. Eating throughout the day will help you get the energy you need, when you need it.



11AM:
12PM: LUNCH
1PM:
2PM:
3PM: SNACK
4PM:

Using the Plate Method will help you find the right amount of food to eat without having to:

- measure your food
- count calories, or
- count carbs

Here are some other tips:

- Don't use a big plate and try to eat less. It won't work.
- Use a bowl that only holds one cup.
- Use a small dish that only holds 1/2 cup.
- Use a small glass that only holds 1 cup.

The total number of calories you eat each day depends on what you eat and how much you eat.

The Plate Method of eating will help you control how much you eat.

The person at the doctor's office or health clinic who helps you plan your meals also show you how to choose:

- what to eat from the different food groups, and
- how many servings of food to eat

The Your Healthy Eating Pyramid handout on [www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org) also has information about food groups and serving sizes.

Call your doctor's office or health clinic for more information about The Plate Method and other ideas on healthy eating.