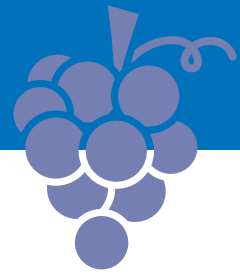


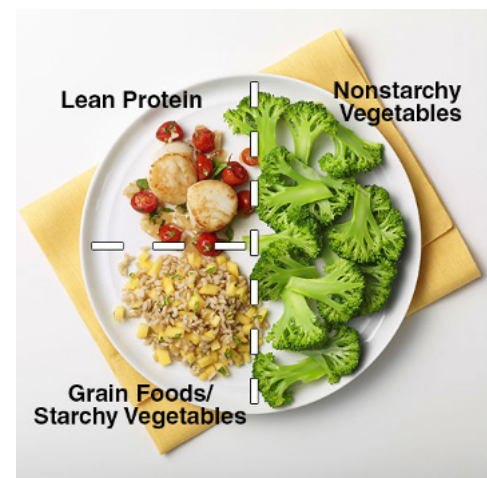
PLATE METHOD AND Portions



It's easy to eat more food than you need without realizing it. The plate method is a simple, visual way to make sure you get enough non-starchy vegetables and lean protein, and limit the amount of higher-carbohydrate food.

How to get started:

- Start with a 9-inch dinner plate
- Fill half the plate with non-starchy vegetables, such as salad, green beans, broccoli, cauliflower, cabbage, or carrots
- Fill one quarter with a lean protein, such as chicken, turkey, eggs
- Fill the last quarter with a whole grain or starchy food such as potatoes, rice, or pasta



Eating Progression:

Always eat your protein first and then focus on vegetables/fruit. Then eat starch/grain last.

Why protein first? Protein helps you feel fuller for longer which will be critical when you start feeling hunger

Portion Sizes vs. Serving Sizes

Portion size and serving size aren't always the same. A portion is the amount of food you choose to eat at one time, while a serving is a specific amount of food, such as one slice of bread or 8 ounces (1 cup) of milk.

Here are some quick ways to determine the serving size of your food without measuring cups!

1. 3 ounces of meat, fish, or poultry - *Palm of hand (no fingers)*
2. 1 ounce of meat or cheese - *Thumb (top to base)*
3. 1 cup or 1 medium fruit - *Fist*
4. 1-2 ounces of nuts or pretzels - *Cupped hand*
5. 1 tablespoon - *Thumb (top to 1st joint)*
6. 1 teaspoon - *Fingertip (top to 1st joint)*

