

# WHAT'S ON YOUR PLATE?

Whether you choose soup, salad, taco, or a sandwich use the plate below as a guide to build a healthy meal

**1/2**

Fill 1/2 of the plate with colorful veggies. (e.g. broccoli, carrots, tomatoes, green beans, cucumber, spinach.)

## For healthier meals:

- Use fruits (1/4 - 1 cup) for desert or add chopped fruits to salads or other dishes.
- Cook with healthy fats, like olive or canola oil and trans-fat free margarines.
- Try meatless protein such as beans, lentils, black-eyed peas or tofu 2 - 3 times per week.

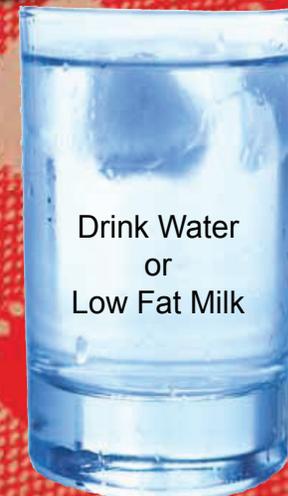
## For children:

Flip over for healthy meal ideas



Fill 1/4 of the plate with 2 - 3 oz portion of lean meats (e.g. fish, chicken, eggs, lean beef) or a meat substitute (e.g. beans, tofu or nuts.)

**1/4**



Drink Water  
or  
Low Fat Milk

Fill 1/4 of the plate with whole grains. (e.g. brown rice, bulgur wheat, whole grain pasta, bread, tortilla, cereal or starch veggies like corn, peas and sweet potatoes.)

**1/4**