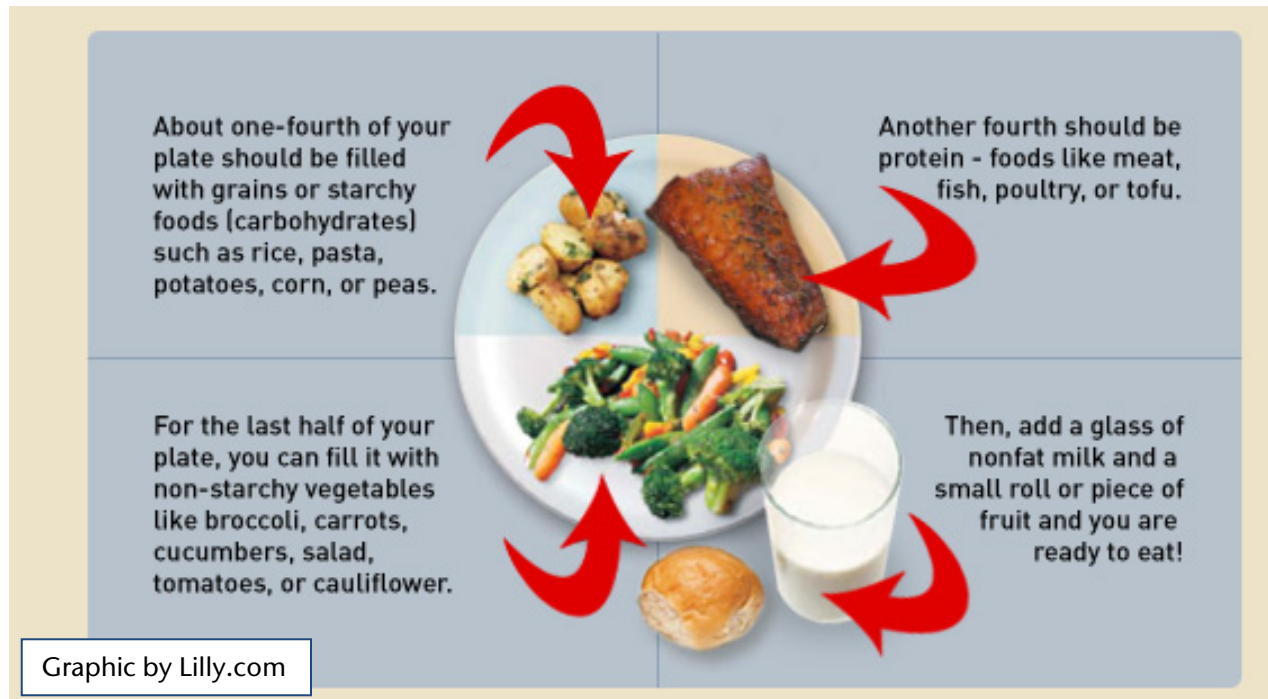


Meal Planning using *The Plate Method*

The Plate Method divides the plate into 3 sections. Using a 9-inch plate, draw an imaginary line through the center of the plate from left to right. Then draw a second line from the center line to the bottom of the plate dividing the bottom half into 2 parts.



To plan your meal, fill one quarter section with 3 ounces of meat or other protein. In the other quarter section of the plate, add 1 serving of grains, cereals, pasta, and/or starchy vegetables (i.e. potatoes, corn, peas). The top half of the plate is filled with non-starchy vegetables (salads, peppers, mushrooms, tomatoes, etc.). Add one serving (1/2 cup) of fruit or fruit juice and one serving of dairy foods outside the plate.

Using **The Plate Method** you can instantly look at a meal you've prepared and see if you have the necessary daily nutrients in the right portions.