

# My Plate Planner

A Healthy Meal Tastes Great



6oz.  
Fat-free or  
1% milk

The plate method is a simple way to learn healthy portion sizes.

Just split the plate into 3 parts, the largest part for vegetables.

Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat.  
Use your hand to measure out portions



**Palm of Hand**  
Amount of Lean Meat



**A Fist**  
Amount of Rice, Cooked Pasta, or Cereal



**A Thumb**  
Amount of Cheese



**Thumb Tip**  
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.





# How to Choose Healthy



## Don't Eat This!

**White Bread**

**White Rice**

**Low in Fiber**

**Full of Sugar!**

**Soda**

**Juice**

**Oily!**

**Fried Fish Sticks**

**Spare Ribs**

**Sausage**

**Double Cheeseburger**

**Lots of Fat**

**Pepperoni Pizza**

**Helps You Grow**

**1/4 protein**

**1/2 vegetable**

**Full of Fiber**

**1/4 starch**

## Eat This!

**Green Beans**

**Banana**

**Spinach**

**Water**

**Full of Vitamins**

**Calcium for Your Bones**

**Fat-Free Milk**

**Orange**

**Apple**

**Carrots**

**Grilled Beef**

**Baked Fish**

**Low-fat Yogurt**

**Low-fat or Natural Peanut Butter**

**Cheese**

**Egg**

**Yams**

**Corn**

**Whole Wheat Veggie Pizza**

**Beans**

**Whole Wheat Bread**

**Oatmeal**



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Amount of  
Lean Meat



**A Fist**  
Amount of Rice,  
Cooked Pasta  
or Cereal

**Your hand can help you measure  
the right amount of food to eat.**

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.



**A Thumb**  
Amount of Cheese



**Thumb Tip**  
Amount of  
Peanut Butter