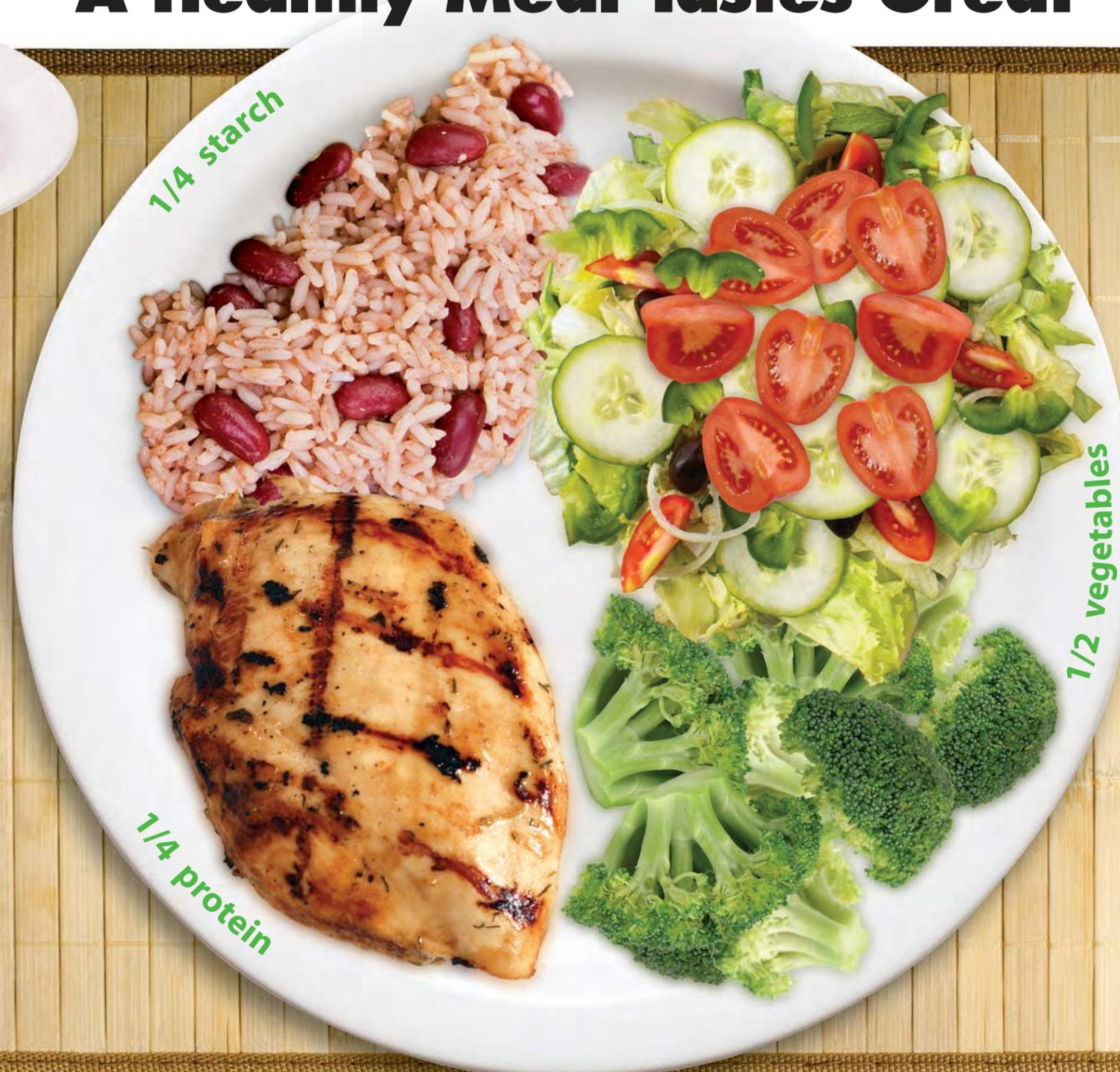


My Plate Planner

A Healthy Meal Tastes Great

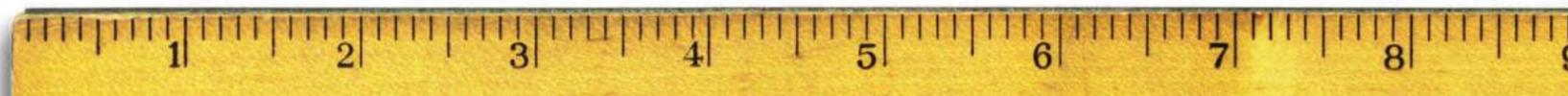


The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



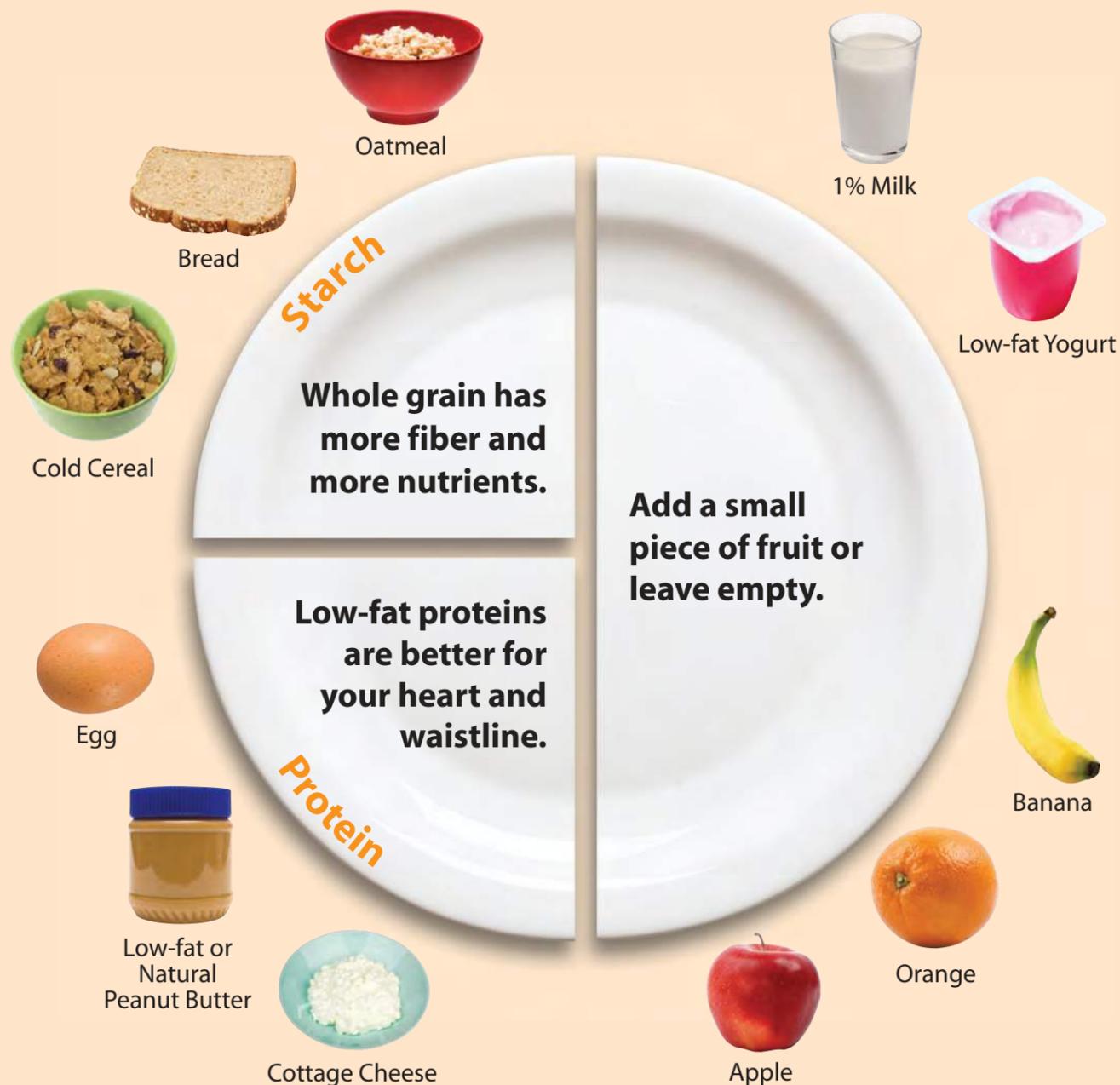
1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate



Let's Plan Your Meal

Breakfast



A diagram for breakfast meal planning. It features a central white plate divided into four quadrants. The top-left quadrant is labeled 'Starch' and contains the text 'Whole grain has more fiber and more nutrients.' The bottom-left quadrant is labeled 'Protein' and contains the text 'Low-fat proteins are better for your heart and waistline.' The top-right quadrant is empty and contains the text 'Add a small piece of fruit or leave empty.' The bottom-right quadrant is also empty. Surrounding the plate are various food items: Oatmeal, Bread, Cold Cereal, Egg, Low-fat or Natural Peanut Butter, Cottage Cheese, 1% Milk, Low-fat Yogurt, Banana, Apple, and Orange.

Starch

Whole grain has more fiber and more nutrients.

Protein

Low-fat proteins are better for your heart and waistline.

Add a small piece of fruit or leave empty.

Oatmeal

Bread

Cold Cereal

Egg

Low-fat or Natural Peanut Butter

Cottage Cheese

1% Milk

Low-fat Yogurt

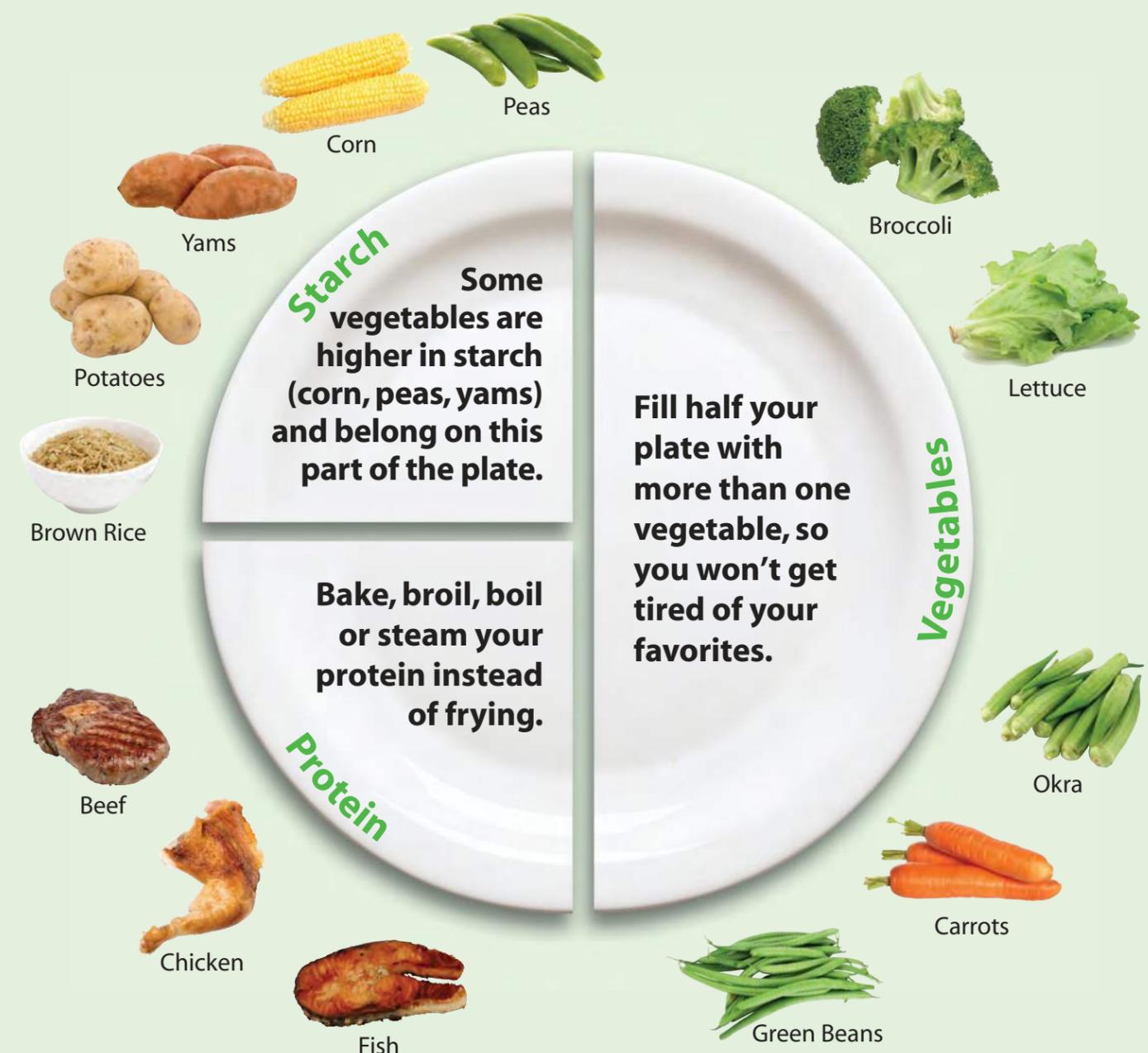
Banana

Apple

Orange

Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Lunch/Dinner



A diagram for lunch/dinner meal planning. It features a central white plate divided into four quadrants. The top-left quadrant is labeled 'Starch' and contains the text 'Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.' The bottom-left quadrant is labeled 'Protein' and contains the text 'Bake, broil, boil or steam your protein instead of frying.' The top-right quadrant is empty and contains the text 'Fill half your plate with more than one vegetable, so you won't get tired of your favorites.' The bottom-right quadrant is also empty. Surrounding the plate are various food items: Corn, Peas, Yams, Potatoes, Brown Rice, Beef, Chicken, Fish, Broccoli, Lettuce, Okra, Carrots, and Green Beans.

Starch

Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.

Protein

Bake, broil, boil or steam your protein instead of frying.

Fill half your plate with more than one vegetable, so you won't get tired of your favorites.

Vegetables

Corn

Peas

Yams

Potatoes

Brown Rice

Beef

Chicken

Fish

Broccoli

Lettuce

Okra

Carrots

Green Beans