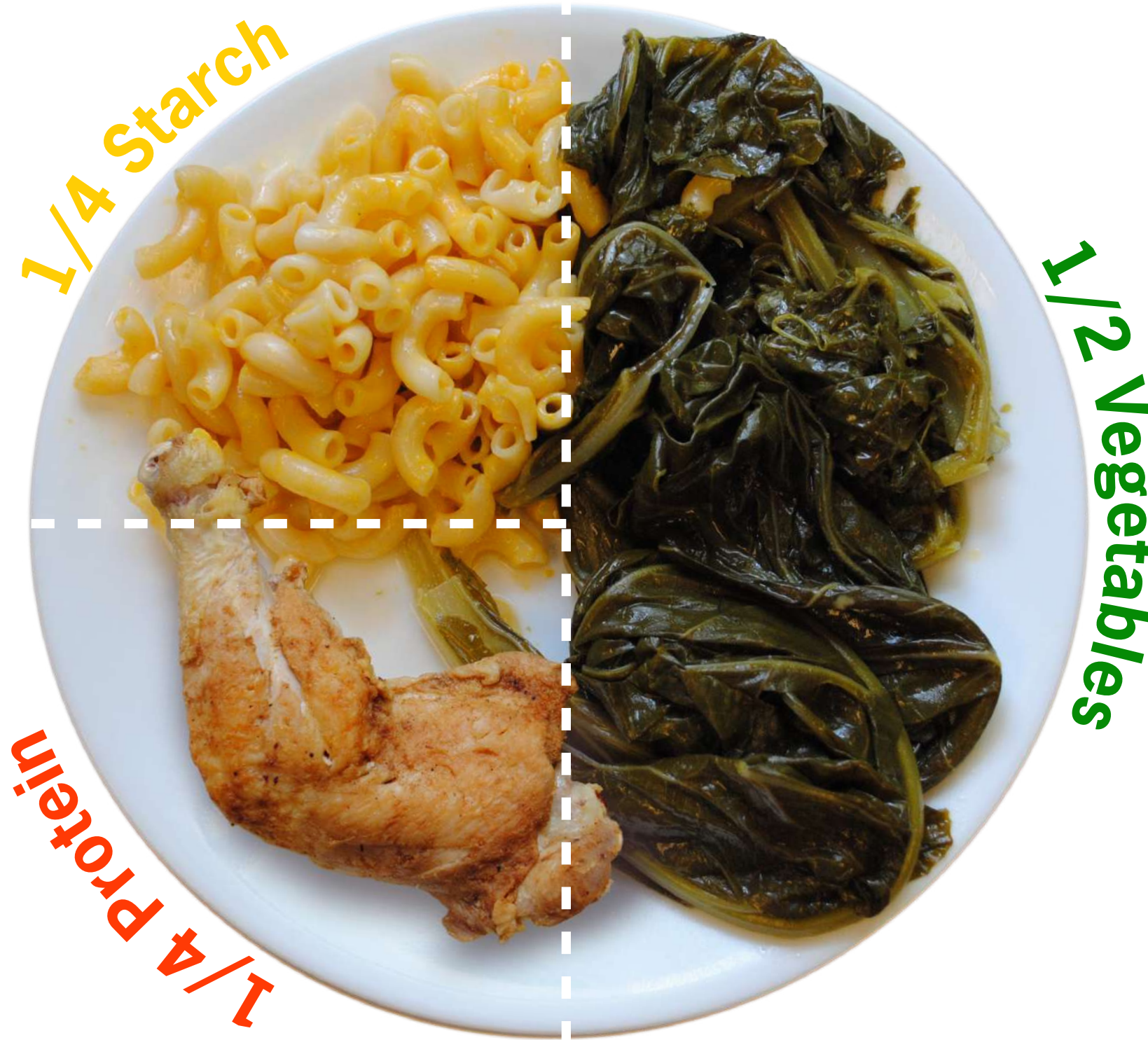
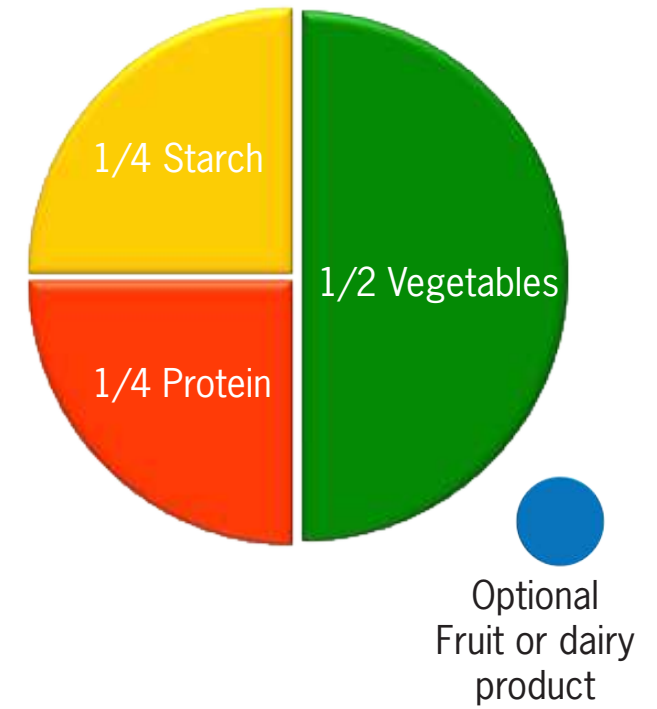


# My Healthy Plate



Plan the portions on your plate.





# My Meal Planner: Portion Sizes

## Pick 1 starch = 1 cup



Biscuit (1 large)



Rice



Corn bread (4 ounce piece)



Grits



Home fries



Mashed potatoes



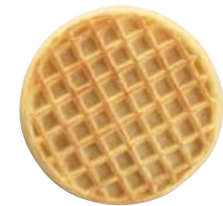
Oatmeal



Pancake (1-2)



Potato salad



Waffles (1-2)



Corn



Peas

## Pick 2 or more vegetables = 2 cups



Broccoli



Collard greens



Eggplant



Green cabbage



Green beans



Kale



Lettuce



Okra



Carrot



Onion



Spinach



Tomato



Beets



Red cabbage

## Pick 1 protein = 4 ounces



Boiled egg



Black-eyed peas  
(1/2 cup)



Grilled chicken



Fish



Pig's feet



Pork chop



Ribs



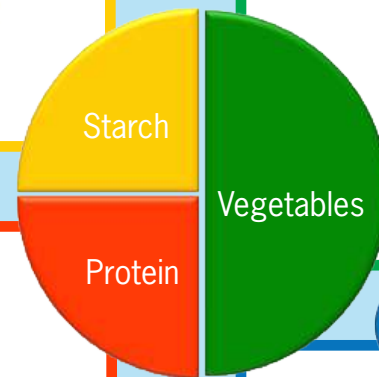
Low-fat cheese  
(4 cubes)



Turkey bacon  
(3 slices)



Turkey leg



## Optional: Pick 1 fruit or 1 dairy = 1 small piece or 1 cup



Cantaloupe



Banana



Grapes



Peach



Watermelon



1% milk



Plain or light yogurt