

Plan your plate

Eating healthy never tasted so good



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.

9-inch plate

$\frac{1}{4}$
starch



$\frac{1}{2}$
vegetables

$\frac{1}{4}$
protein



See reverse side →

Whole grain has more fiber and more nutrients.

starch

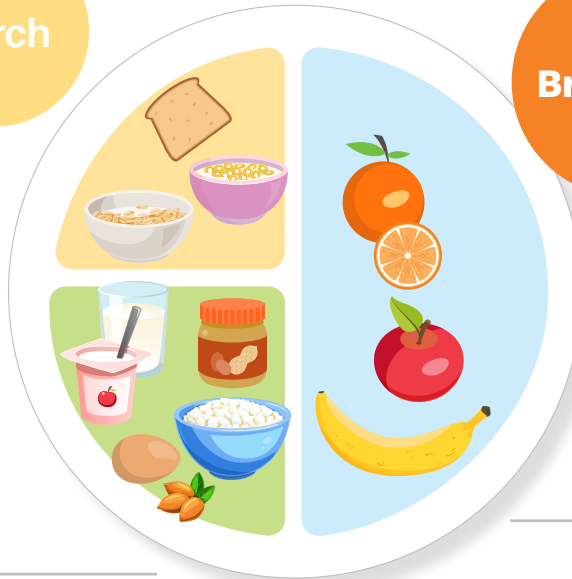
Breakfast

protein

veggies & fruits

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

Add a small piece of fruit or leave empty.



Note: Only use $\frac{1}{2}$ of your plate — $\frac{1}{4}$ protein and $\frac{1}{4}$ starch

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

starch

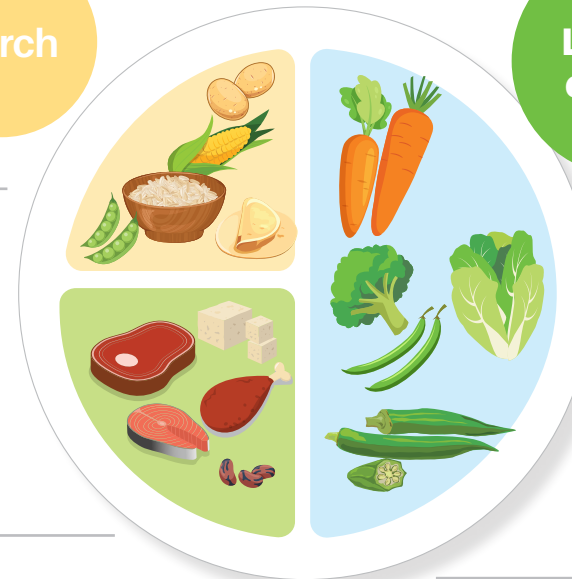
Lunch/
dinner

protein

veggies & fruits

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.



HealthyWay

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Whether you are taking steps to stay healthy, coping with stress, in need of a new fitness regimen, or managing serious illness, you'll find a variety of programs and resources offered by the Health Education Team. We are here to help you live your life the HealthyWay! Browse and RSVP to virtual and in-person classes, workshops, and events on healthywayevents.com. We also invite you to visit our video library complete with pre-recorded videos on health and wellness, chronic disease management, exercise, and more! Visit videos.healthywayevents.com.

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