



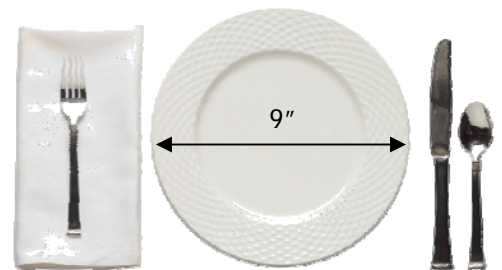
Step 1: See How Your Plate Rates

A basic plate “makeover” will help you watch portions *and* choose healthier foods!

Eat more healthfully by changing your plate. This step will help you to watch portions *and* choose healthier foods.

● Choose a smaller plate

- Today’s salad plate was probably your grandmother’s dinner plate. Using a large dinner plate will result in oversized portions; If your dinner plate is more than 9 inches wide, use a salad plate instead.



● Eat More Fruits & Vegetables

- Serve yourself *more* fruits and vegetables (about ½ the plate) and *less* meat and starchy foods. When cooking stir-fry and pasta dishes, use *more* veggies and *less* rice or noodles.

● Paint your plate.

- Have at least three different colors on your plate (shades of brown do not count). More colors on your plate mean more vitamins, minerals and fiber in your body.



Quick tips for a healthier plate

- Add fruits to your salad, yogurt and cereal.
- Leave fresh fruit in a bowl on the counter for a quick snack.
- Serve fruit, instead of syrup, with pancakes or waffles.
- Add veggies to sandwiches, soups, stir-fry & pasta dishes.
- Keep cleaned, raw veggies handy for snacks and lunches.
- Keep frozen veggies handy for quick family meals.