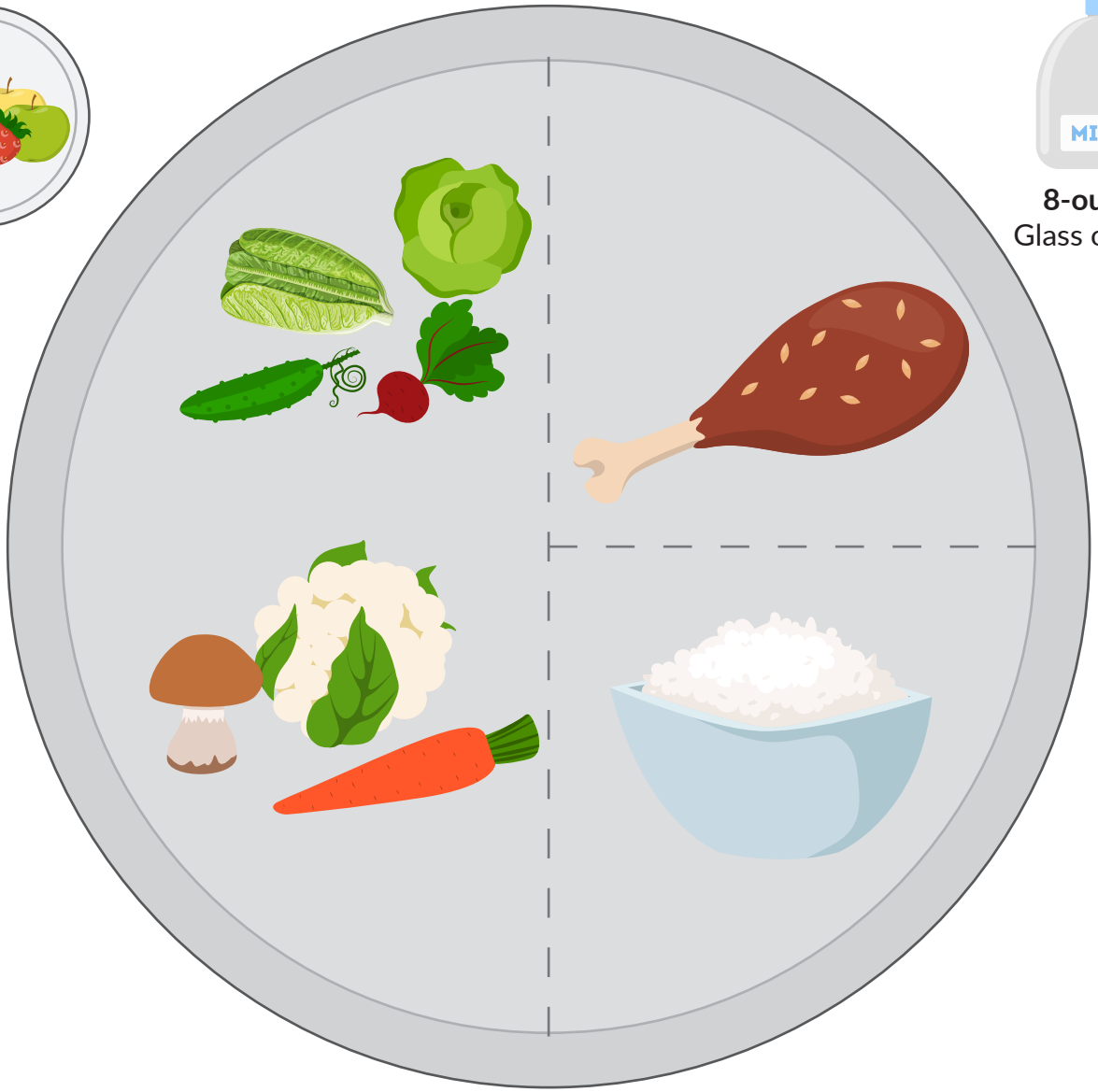
CENTRAL HEALTH

# MY PLATE PLANNER

Please refer to meal planning guidelines on the back.

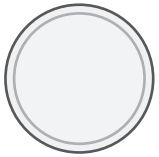




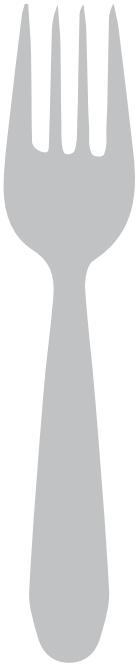
9-inch Plate



**8-ounce**
Glass of Milk



**Free foods**



## Methods of Use

- Fill 1/2 of your plate with vegetables such as a broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of milk
- Choose 1 serving of milk
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

**For breakfast**, use only half the plate.

**For lunch and dinner**, use the whole plate.

## Meal Planning Guidelines

**Carbohydrates**
Choose any 3 servings at each meal. *
Choices include breads and starches, fruits, some vegetables and milk. If your meal plan is different, adjust the number of servings accordingly.
Examples of one serving of carbohydrates:

**Breads and starches**
- 1 slice bread or small roll
- 1/3 cup rice or pasta
- 1/2 cup cooked cereal or potatoes
- 3/4 cup dry cereal
- 1/2 cup corn

**Fruits**
- 1 piece, such as a small pear or apple
- 1 cup fresh fruit
- 1/2 cup canned fruit
- 1/2 cup fruit juice

**Milk**
- 1 cup skim or lowfat
- 1 cup sugar-free lowfat yogurt

**Meats and proteins**
Choose 1–3 servings per meal. *
Examples of one serving:
- 1 ounce lean meat, poultry or fish
- 1 egg
- 1 ounce cheese
- 1/4 cup lowfat cottage cheese

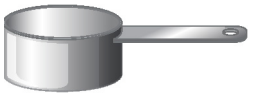
**Fats**
Choose 1–2 servings per meal. *
Examples of one serving:
- 1 teaspoon margarine, oil, or mayonnaise
- 1 Tablespoon salad dressing or cream cheese

**Free foods**
Foods with less than 20 calories per serving
Use as desired: *
- Most vegetables
- Sugar-free soda
- Black coffee or plain tea

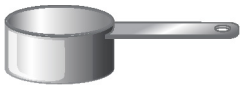
*Note: If you have a personalized meal plan, the number of servings you choose per meal may be different.

## Visual Tips for Portion Sizes

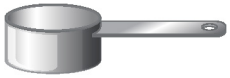
**1 cup**



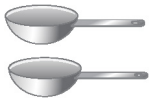
**1/2 cup**



**1/3 cup**



**2 Tablespoons**



**1 Tablespoon**



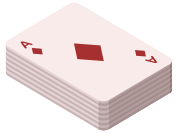
**1 teaspoon**



**1 ounce (oz)**



**3 ounces (oz)**



Updated 04/30/2024