



Good to Know...

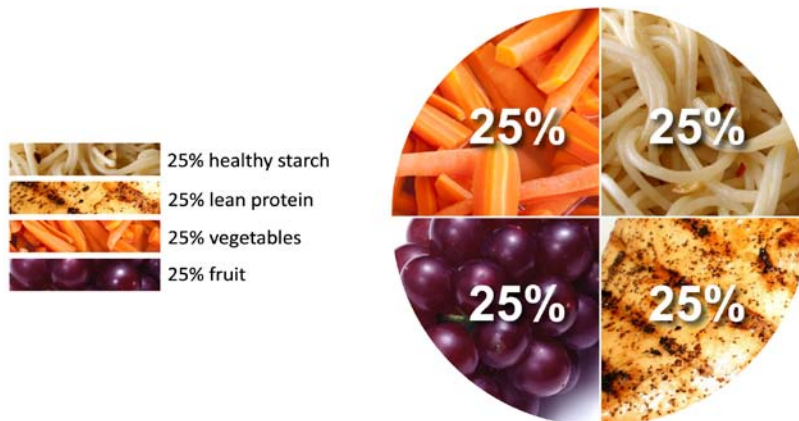


SPECIAL CHIEFS

How to Portion a Plate Whether Eating at Home or Dining Out



As often as possible, portion your plate at mealtime with $\frac{1}{4}$ healthy starch, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ vegetables and $\frac{1}{4}$ fruit



Or instead of $\frac{1}{4}$ vegetables and $\frac{1}{4}$ fruit, you can fill half your plate with veggies.



- Some healthy starches include brown rice, red-skin potatoes, sweet potatoes, whole wheat pasta, whole wheat rolls/bread, and beans of all sorts.
- Some lean proteins include white meat chicken and turkey, fish, some beef, eggs and beans.

Check How Much You Know Now About How to Portion a Plate



Should you try to portion your plate the same way whether eating at home or dining out?

(circle only one, either Yes or No)

Yes

No

As often as possible, how should you portion food on your plate?

Healthy starch should occupy about _____ of the plate.

Lean protein should occupy about _____ of the plate.

Fruits and vegetables should occupy about _____ of the plate.

Is it all right to substitute vegetables for fruit, so that your plate is $\frac{1}{2}$ vegetables instead of $\frac{1}{4}$ fruits and $\frac{1}{4}$ vegetables?

(circle only one, either Yes or No)

Yes

No

Name two healthy starches:

1.

2.

Name two lean proteins:

1.

2.