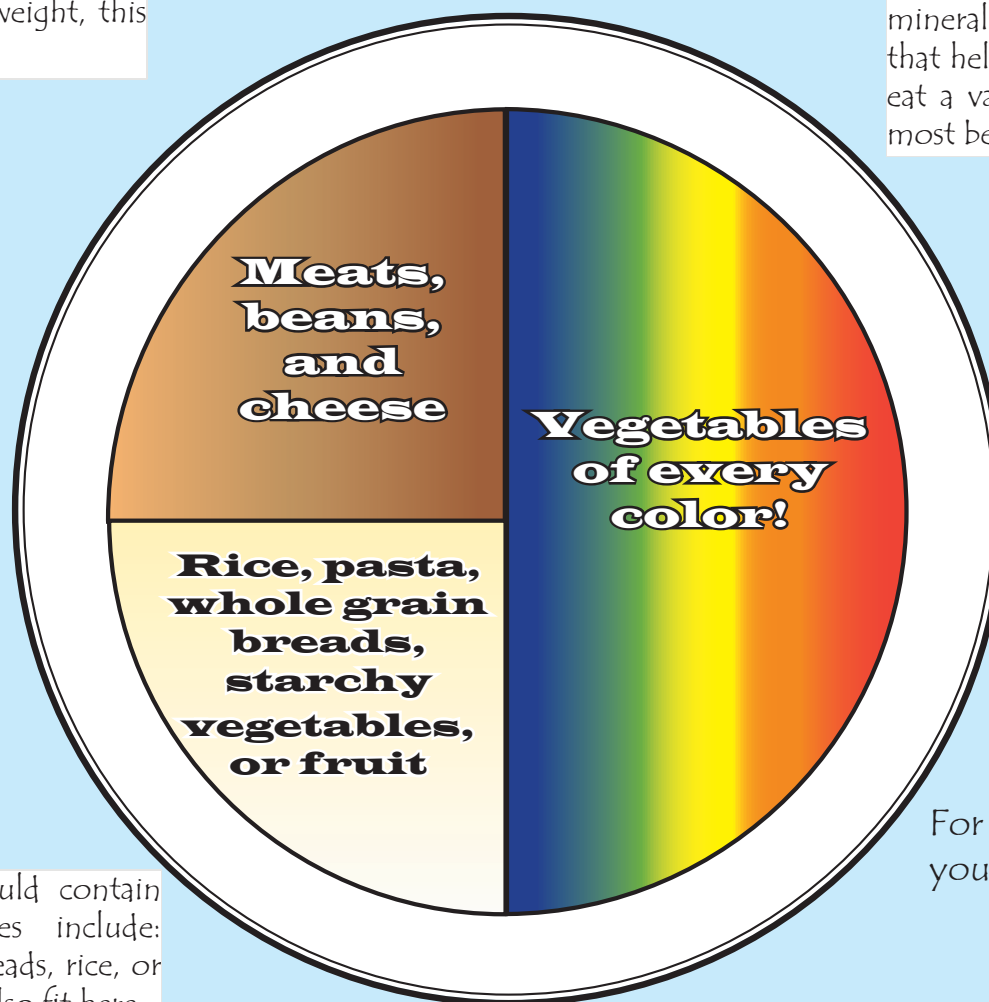


How does your plate measure up?

A quarter of your plate should consist of meat or beans. Examples include: beef, chicken, fish, pork, ham, lentils, chickpeas, and many more. In terms of weight, this should be 3-4oz.

Half of your plate should contain vegetables. Why so many? Vegetables are not only a low-calorie food, they are packed with all types of vitamins, minerals, and disease fighting compounds that help keep your body healthy. Try to eat a variety of colors everyday for the most benefit.



A quarter of your plate should contain starches or grains. Examples include: potatoes, corn, whole grain breads, rice, or pasta. A serving of fruit could also fit here.

For a personalized guide to what your diet should look like, visit www.mypyramid.gov.



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