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.

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