

HealthSmart Portion Control



April 2006

A quick way to make sure you are eating a variety of healthy foods at each meal is to look at your plate. This also will help with portion control.

When you sit down for a meal, draw an imaginary line through the center of your plate. Draw a line to divide one section into two.

- $1/4$ Of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn, or peas.
- $1/4$ Of your plate should be protein -- foods like meat, fish, poultry, or tofu.
- $1/2$ Of your plate, you can fill with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes, and cauliflower.

Add a glass of non-fat milk and a small roll or piece of fruit and you are ready to eat!

Looking at your plate will help you to eat healthier. This will also help you to count your carbohydrates or exchanges in your meal planning.

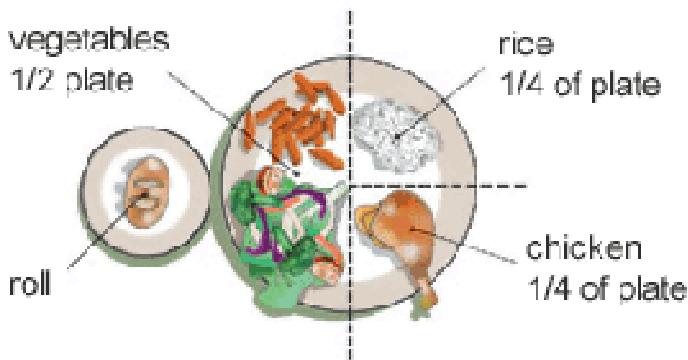


Carb

Protein

Veggie

Rate
Your Plate



Don't forget these other great resources: Your 24-Hour Nurse Line, Nurse Line Chat, Audio Health Information Library®, and www.spectrumhs.com for more information.