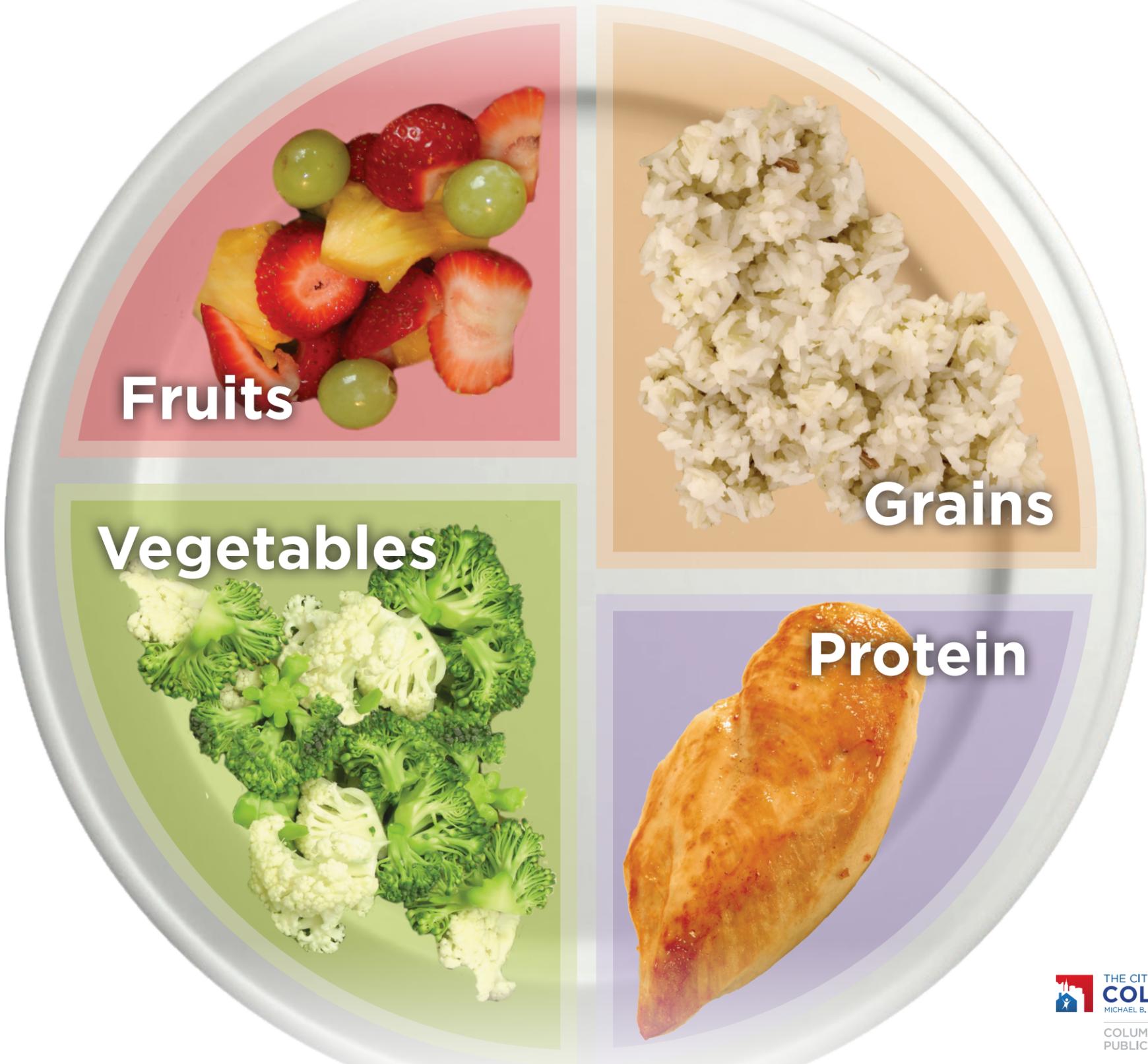
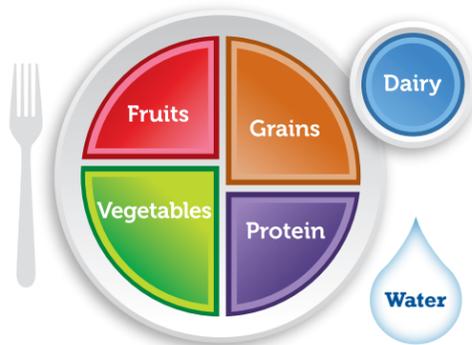


# Make Each Plate a Healthy Plate



**Dairy**



**Water**

**Measure The Right Amount Of Food With Your Hands!**

*Note to adults preparing meals for children: Use your child's hand to measure portion sizes.*



**PALM OF HAND**  
Amount of lean meat



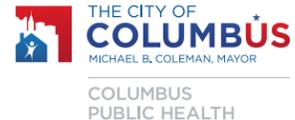
**A FIST**  
Amount of rice, cooked pasta or cereal



**A THUMB**  
Amount of cheese



**THUMB TIP**  
Amount of peanut butter



# Choose Healthy Foods



## Fruits

Eat whole fruit instead of drinking juice.



## Vegetables

Eat more red, orange and dark green vegetables like tomatoes, sweet potatoes and broccoli.



## Grains

Eat more **whole** grains:

- Whole grain cereals
- Whole wheat bread
- Barley
- Wild rice
- Quinoa
- Oats



## Protein

Choose lean protein:

- Nuts & nut butters
- Chicken
- Fish
- Soy foods
- Lentils
- Beans



## Water

Water First for Thirst! Drink water instead of sugary drinks like soda pop, sports drinks and fruit drinks.



## Foods to Eat Less Often:



## Dairy

Have a cup of fat-free or low-fat dairy foods with each meal.

