

# My Plate Planner

A Healthy Meal Tastes Great



The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions.

- 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

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

