

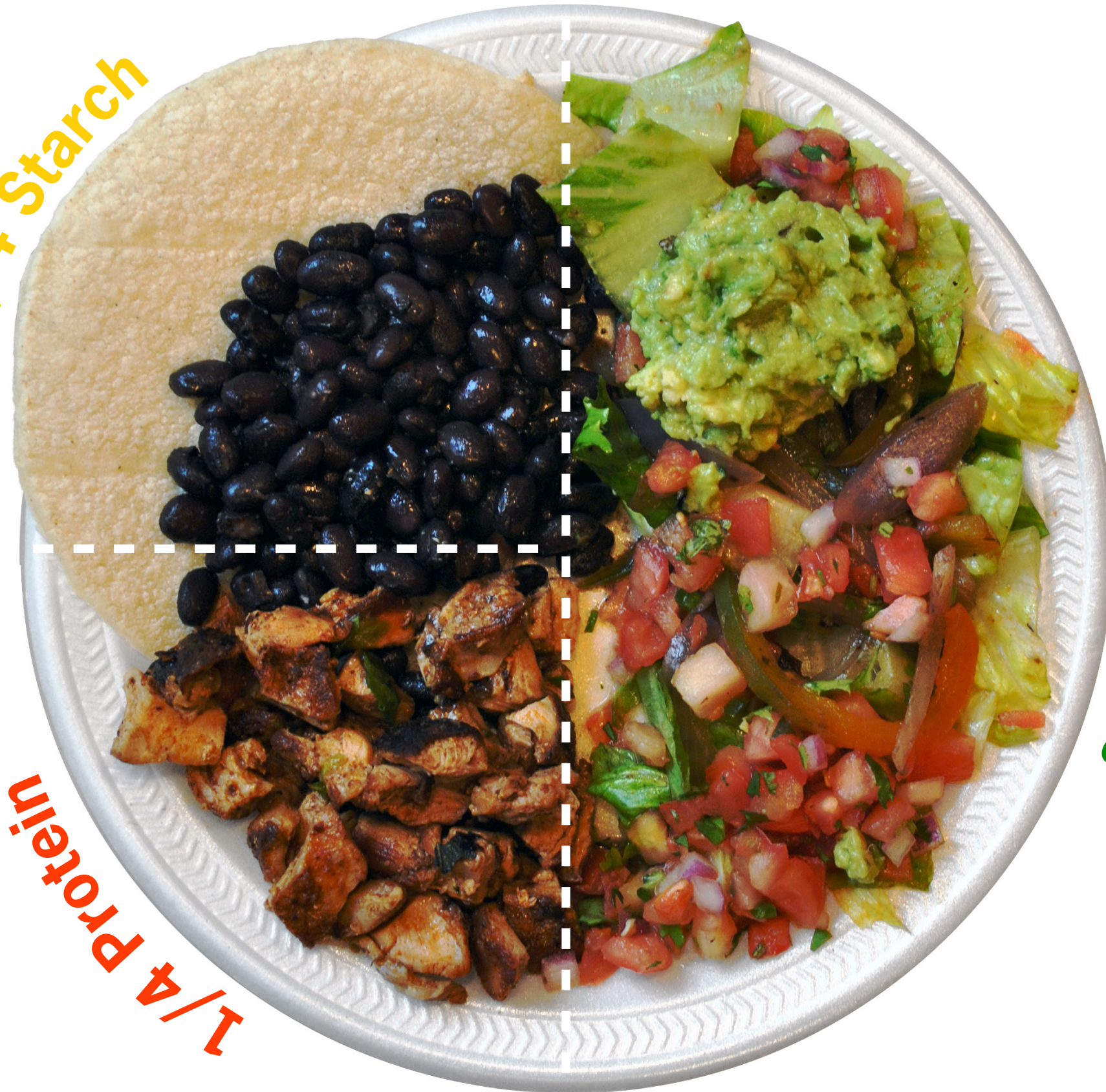
My Healthy Plate



Water is the best drink for you.

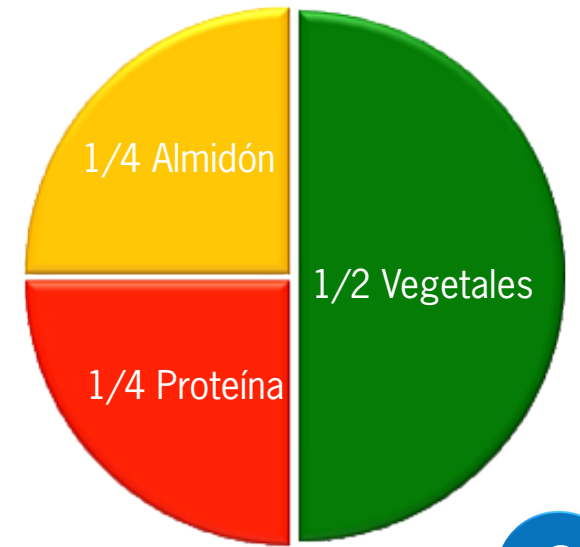
1/4 Starch

1/4 Protein



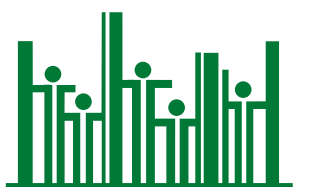
1/2 Vegetables

Plan the portions on your plate.



Fruit or Dairy

Ask your nutritionist if you should eat fruit or dairy with your meals.



THE INSTITUTE FOR FAMILY HEALTH

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My Meal Planner: Portion Sizes

Pick 1 starch = 1 cup

Breakfast



Cereal



Oatmeal



Hard tortilla (1-2)

Lunch or dinner



Corn



Posole



Yam (1 medium)



Corn tortilla (1-2)



Wheat bread (1-2)



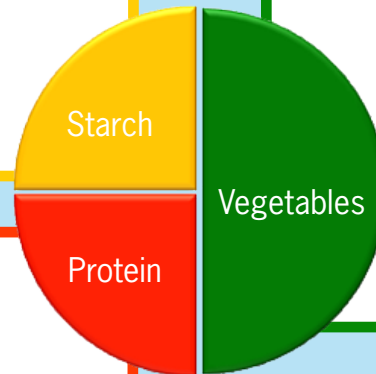
Rice



Saltines (5)



Tamale (1/2)



Pick 2 or more vegetables = 2 cups



Tomato



Red pepper



Nopal



Salsa fresca



Spicy peppers



Onion



Jicama



Salsa verde



Tomatillos



Chayote



Cucumber



Mexican squash



Lettuce



Spinach



Broccoli



Cabbage

Pick 1 protein = 4 ounces

Breakfast



Boiled egg



Plain Greek yogurt



Plain cottage cheese



Beans (1/2 cup)



Low-fat cheese (2 ounces)

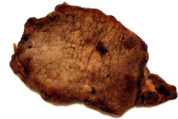
Lunch or dinner



Lean steak



Chicken



Pork



Fish



Ceviche (1 cup)

Ask your nutritionist if you should eat 1 fruit or 1 dairy product.



Apple



Banana



Guava



Mango



1% milk



Plain or light yogurt