

My Healthy Plate



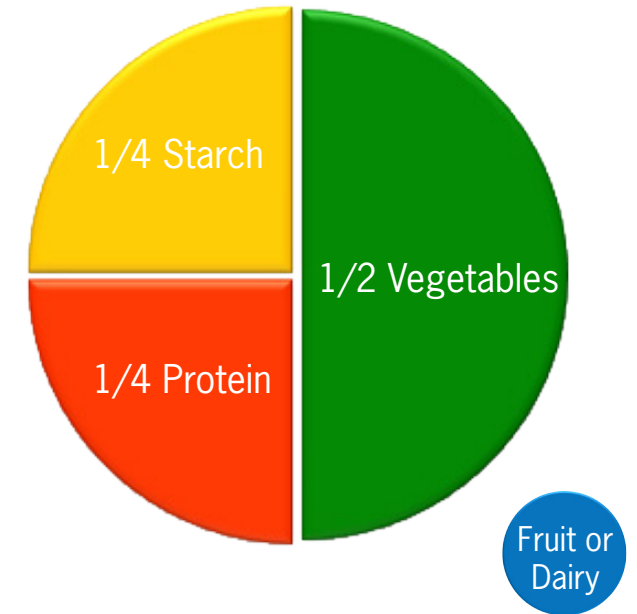
1/4 Starch

1/4 Protein

1/2 Vegetables



Plan the portions on your plate.



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My Meal Planner: Portion Sizes

Pick **1** starch = 1 cup



Pick **2** or **more** vegetables = 2 cups



Pick **1** protein = 4 ounces



Optional: fruit or dairy = 1 small piece or 1 cup

