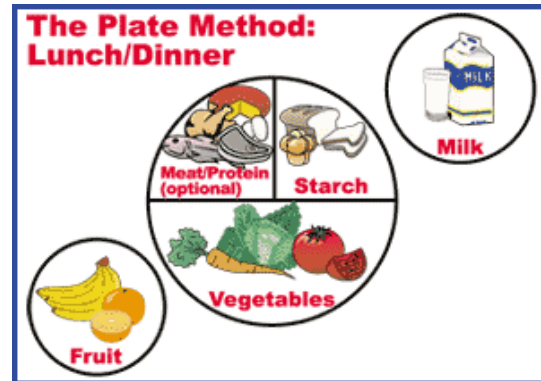
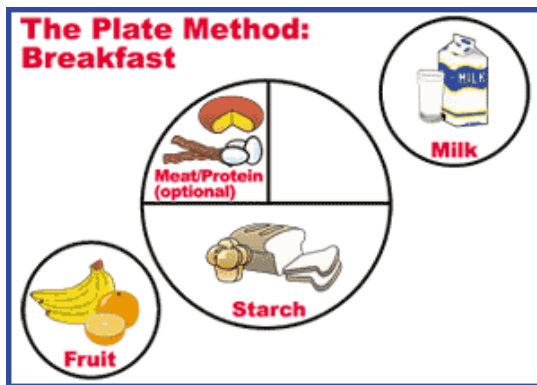


# THE PLATE METHOD I AND II

The Plate Method is designed to show you what and about how much you need to eat to have a balanced diet. Imagine, no measuring. All you need to do is fill your plate so that it matches the Plate Method picture guide, add a piece of fruit and/or a glass of milk and you are done. This method provides approximately 1200-1500 calories per day.



DIVIDE YOUR PLATE INTO FOURTHS AND FILL THE SECTIONS AS FOLLOWS:

## AT BREAKFAST:

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½ of your plate is filled with starches and ¼ of your plate is used for meat (egg, sausage, cheese, etc.).

## AT LUNCH AND DINNER:

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Fill ¼ of your 9 inch plate with starches (breads, pasta, rice, corn, potatoes, etc.).

Fill ¼ of your plate with meat (beef, chicken, fish, eggs, cheese and meat substitute.)

Fill the remaining ½ of your plate with cooked and/or fresh vegetables (or ¼ with vegetables and ¼ with fruit)

The Plate Method is particularly well-suited to those who eat out often. All you need to do is fill your plate and enjoy.