Fill Your Plate

This plate diagram will help you to put together complete, healthful, and filling meals in the best portions, for lunch and dinner. For **breakfasts** you may want to replace the vegetable portion of the plate with fruit (please reduce the fruit portion to ¼ plate if you choose to do this). This plan is for everyone, whether you have heart disease, diabetes, high cholesterol, want to reduce your weight, or just simply eat well.

- **Whole grains or Starchy Vegetable**
  - 1/2 cup/serving

- **3 OZ Lean Protein**
  - meat/poultry
  - fish
  - Or ½ cup legumes

- **Non-Starchy Vegetables**
  - 2–3 cups per day

**Reminders**

+ Eat fruit (for or in addition to other food) at snack time.
+ Include at least 3 calcium–rich foods with meals and snacks each day!
+ Prepare these foods with healthful fats!