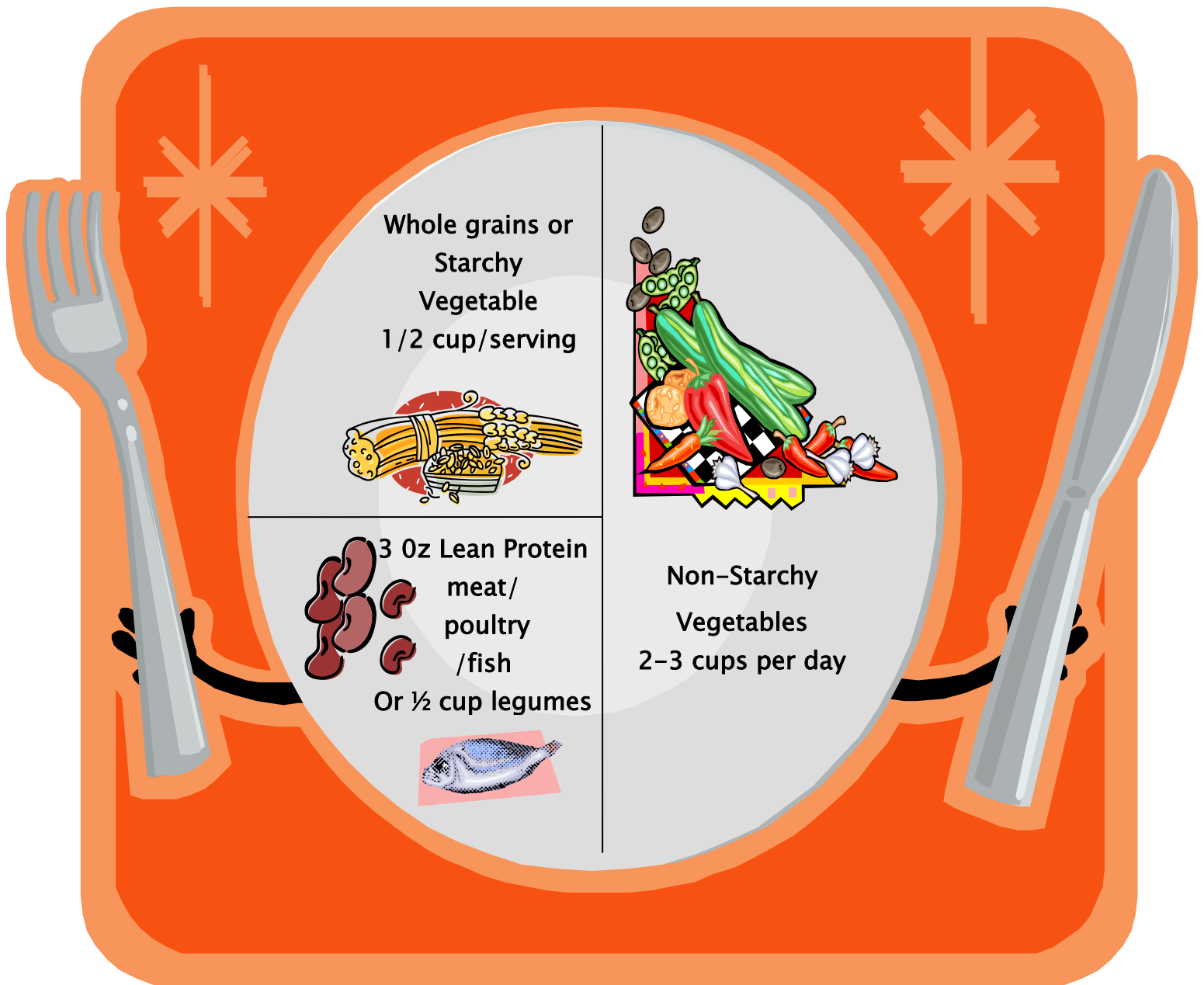


Fill Your Plate

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 $\frac{1}{4}$ 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.



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!