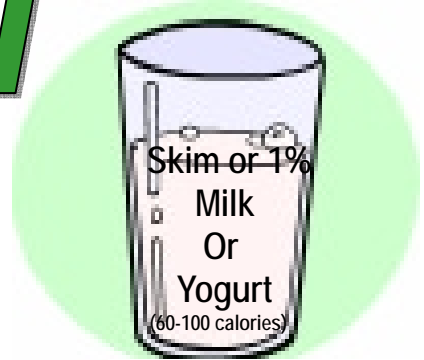
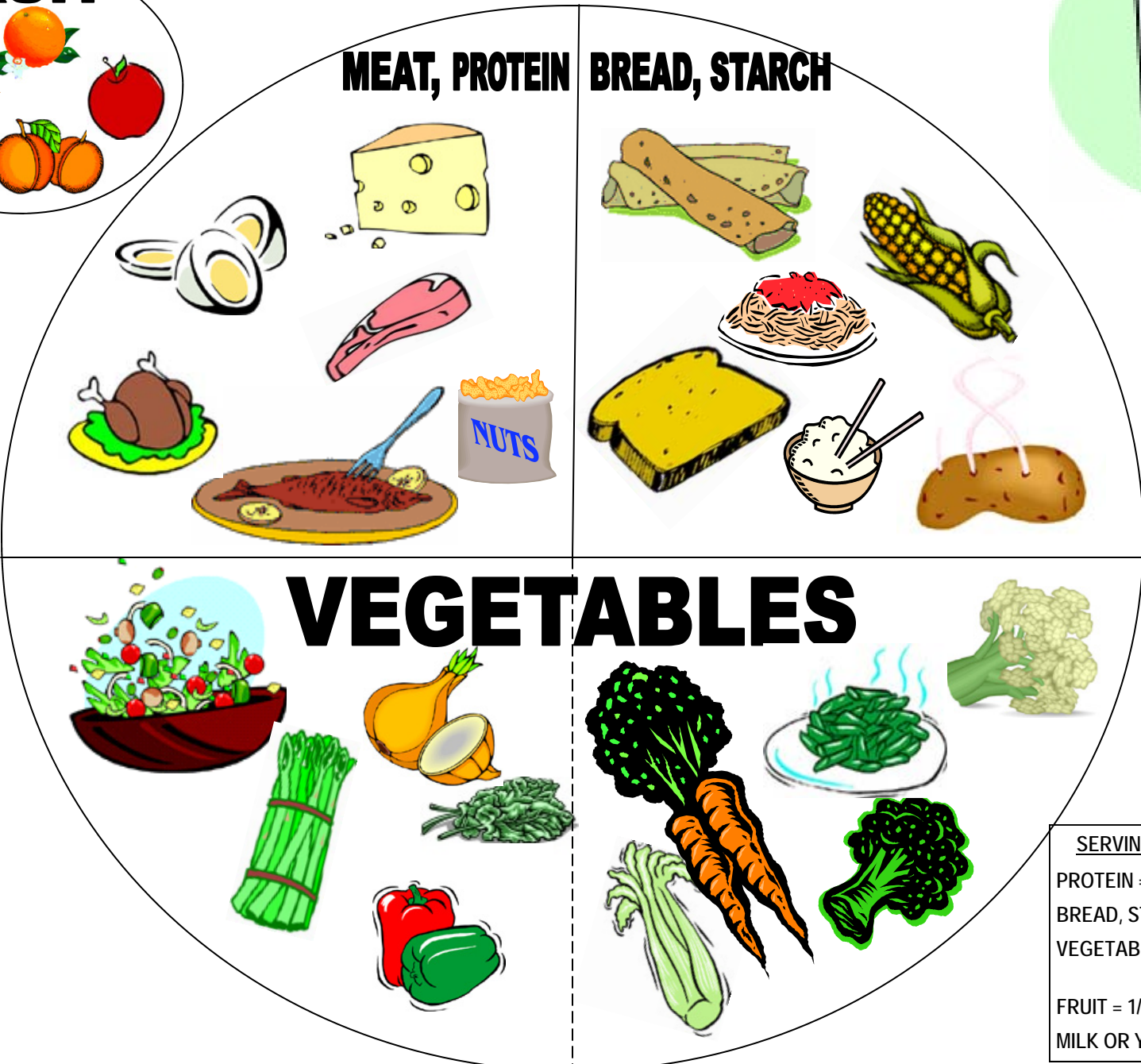
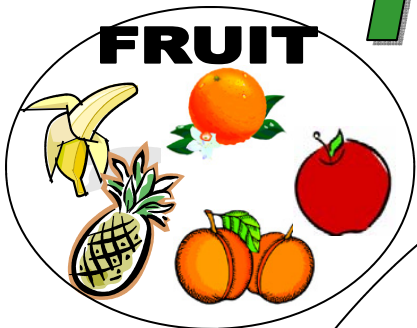


The Plate Model



**LUNCH
OR
DINNER**



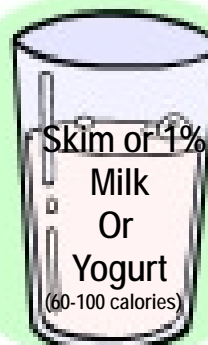
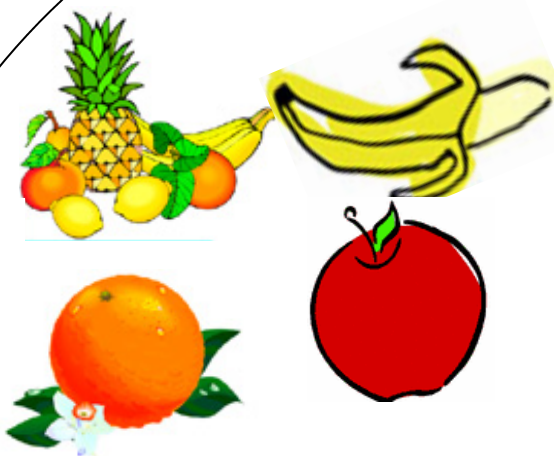
SERVINGS AT LUNCH AND DINNER

PROTEIN = 2 - 3 OUNCES
 BREAD, STARCH = 1/2 CUP OR 1 SLICE
 VEGETABLES = 1/2 CUP COOKED OR
 1 CUP UNCOOKED
 FRUIT = 1/2 CUP OR 1 SMALL FRESH
 MILK OR YOGURT = 1 CUP

The Plate Model

BREAKFAST

FRUIT



BREAD, CEREAL, STARCH



MEAT, PROTEIN



SERVINGS SIZES

1 slice bread, 1/2 cup cooked cereal, 3/4 cup unsweetened cereal

1 medium fruit, 1/2 cup unsweetened, or 3/4 cup 100% juice

1 egg, 1 tablespoon peanut butter, 1 ounce cheese, 1 oz lean meat

