



The Plate Method: Meal Planning

Use the Plate Method to help with portion control and to get the proper balance of the nutrients you need.

All you have to do is divide up your plate:

1. Split your plate down the middle – half of your plate is for fruits and vegetables.
2. Split the remaining half into two – $\frac{1}{4}$ is for your starches and the other $\frac{1}{4}$ is for your meat and other protein alternatives.

