

My Plate Planner

A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetable.

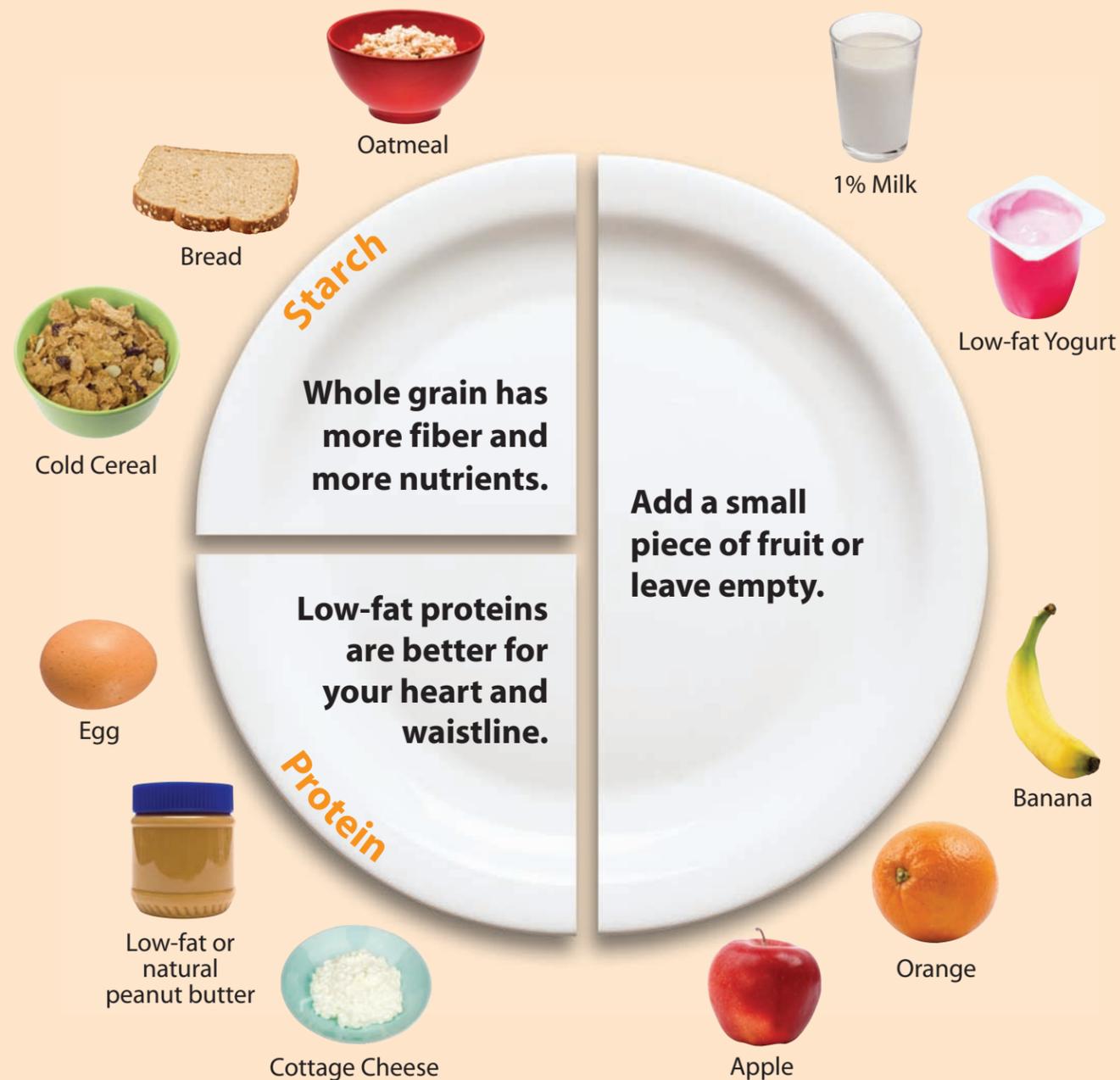
9-inch plate

From the NYC Dept. of Health and Mental Hygiene



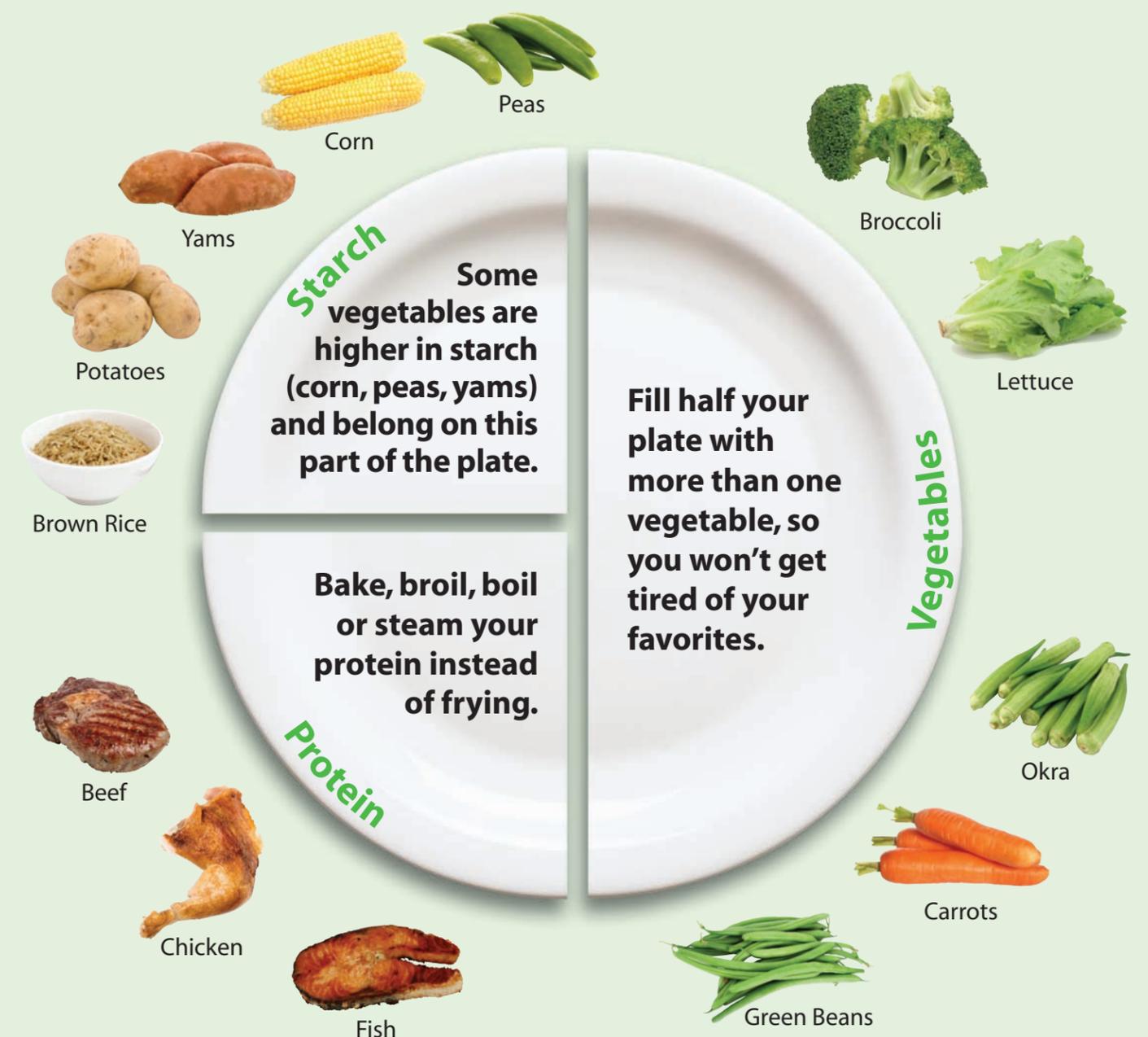
Let's Plan Your Meal

Breakfast



Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Lunch/Dinner



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