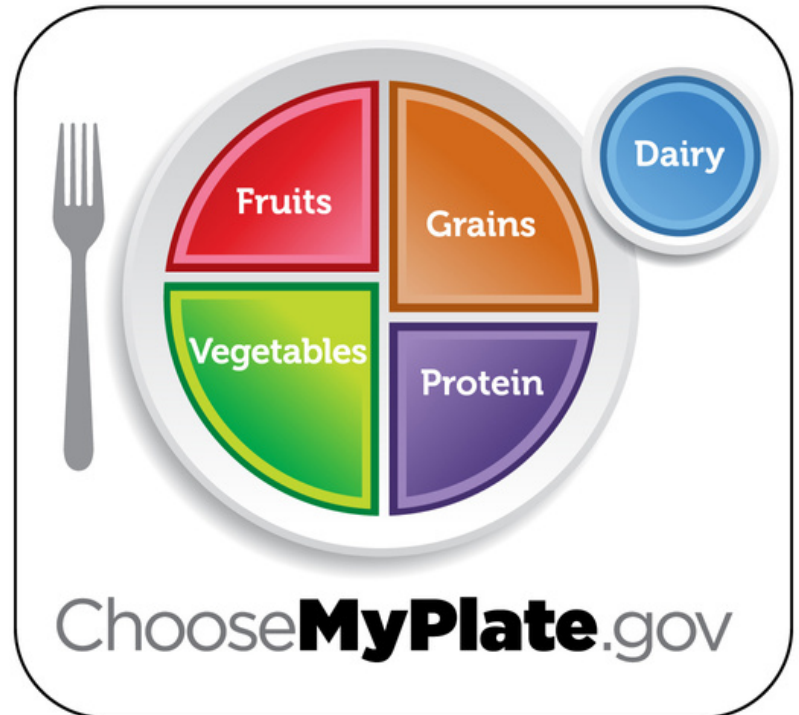


## Myplate is a tool that helps to create meals that are balanced and healthy.

- Aim for half the plate to be fruits and vegetables
- The remaining half should be divided between whole grains and protein
  - Protein: foods like eggs, meat, cottage cheese, tofu, beans, edamame, fish and seafood
  - Whole grains: foods like brown rice, oats, popcorn, whole wheat bread
- Try to include 3 servings of dairy per day
  - dairy foods include cheese, low-fat milk, and yogurt



how much is a serving size?

try using the hand portions



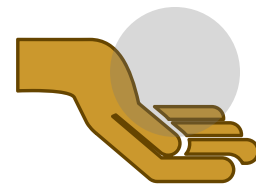
Palm = protein



Thumb = fat



Fist = fruit/veggie



Cupped hand = grain



## THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group