The plate method is a simple way to learn healthy portion sizes. Just split the plate into three parts: the largest part is for fruits and vegetables.

Note to adults planning meals for young children: Use a smaller plate or serve smaller portions if you don’t have different plate sizes.

Note to adults preparing meals for young children: Use the size of your child’s hand to guide their portion sizes.
How to Choose Healthy Foods

Eat this!

1/2 FRUIT AND VEGETABLE
- Carrots
- Green beans
- Apple
- Banana
- Orange

1/4 STARCH OR GRAIN
- Oatmeal
- Whole-wheat veggie pizza
- Whole-wheat bread
- Onion rings

1/4 LEAN PROTEIN
- Grilled beef
- Baked fish
- Egg

Calcium for your bones
- Skim milk

Full of fiber
- Water

Full of vitamins
- Corn
- Green beans
- Whole-wheat veggie pizza

Helps you grow
- Oatmeal
- Whole-wheat bread
- Onion rings

Don’t eat this!

1/4 STARCH OR GRAIN
- Fries
- White bread
- White rice
- Onion rings

1/2 FRUIT AND VEGETABLE
- Corn
- Yams
- Whole-wheat veggie pizza
- White rice

1/4 LEAN PROTEIN
- Grilled beef
- Baked fish
- Egg

Calcium for your bones
- Whole-wheat bread

Full of fiber
- Green beans
- Broccoli

Lots of fat
- Pepperoni pizza
- Fries

Oily
- Fish sticks
- Hot dogs
- Double cheeseburger

Low in fiber
- Skim milk
- Whole-wheat bread

Your hand can help you measure the right amount of food to eat.

Palm of your hand
- Amount of rice, cooked pasta or cereal

Your fist
- Amount of lean protein

Your thumb
- Amount of cheese

Tip of your thumb
- Amount of peanut butter