

Portion Sizes

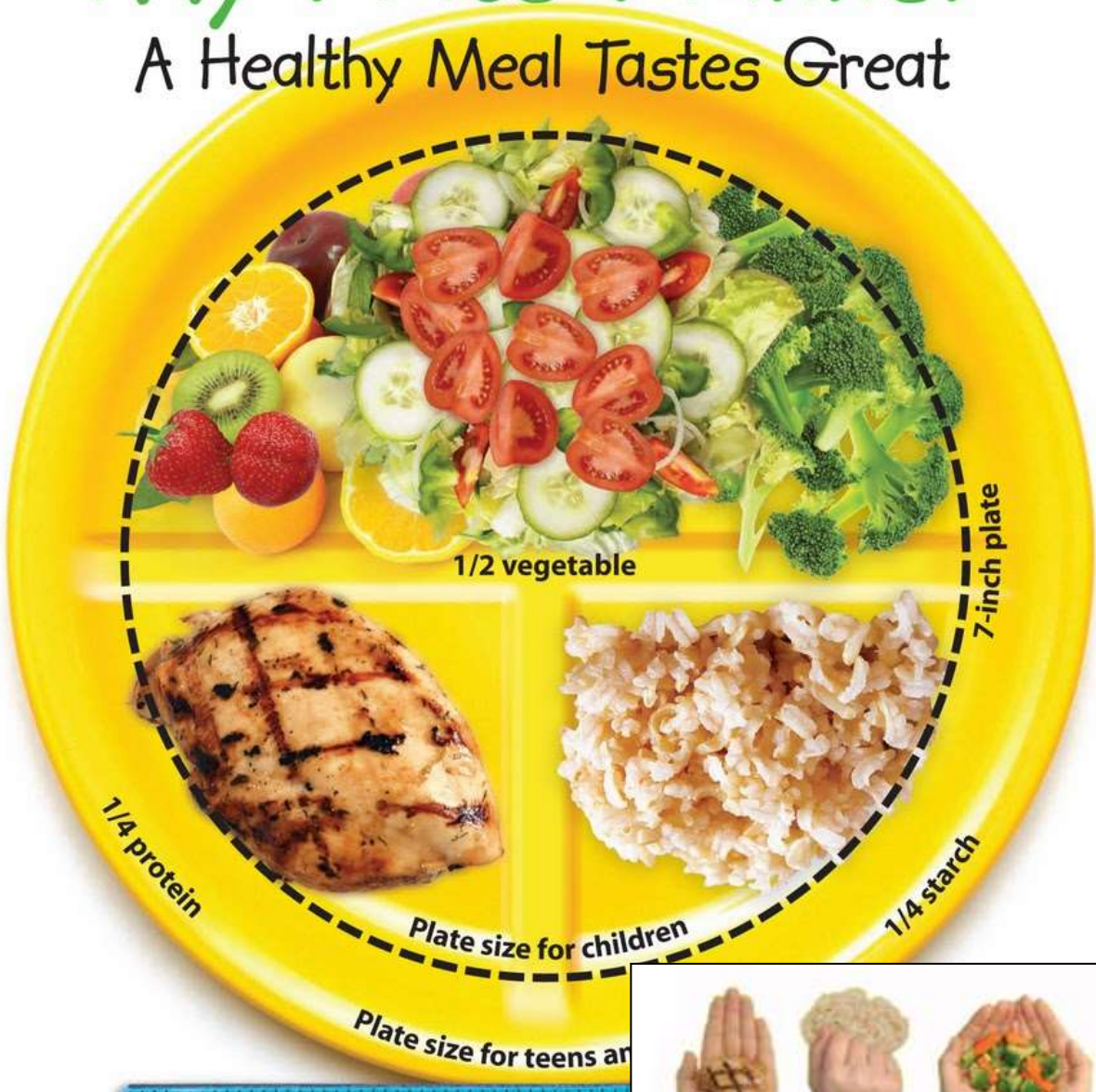
My Plate Planner

A Healthy Meal Tastes Great



Semi
skimmed/
Skimmed
milk

The plate method is a simple way to learn healthy portion sizes. Just split the plate into 3 parts, the largest part for vegetables. Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions

-  **Palm of Hand**
Amount of Lean Meat
-  **A Fist**
Amount of Rice, Cooked Pasta, or Cereal
-  **A Thumb**
Amount of Cheese
-  **Thumb Tip**
Amount of Peanut Butter



Note to adults preparing meals for children: Use your child's hand to measure portion sizes.