

# HEY, KIDS! Plan a Healthful Meal!

## How Should Your Plate Look?

1. Pretend your plate is divided into three parts.
2. Fill the biggest part with fruits and vegetables.
3. Fill one small part with lean protein.
4. Fill the other small part with whole grains.
5. Add one 6-ounce glass of fat-free or low-fat milk.

## How Big is Your Plate?

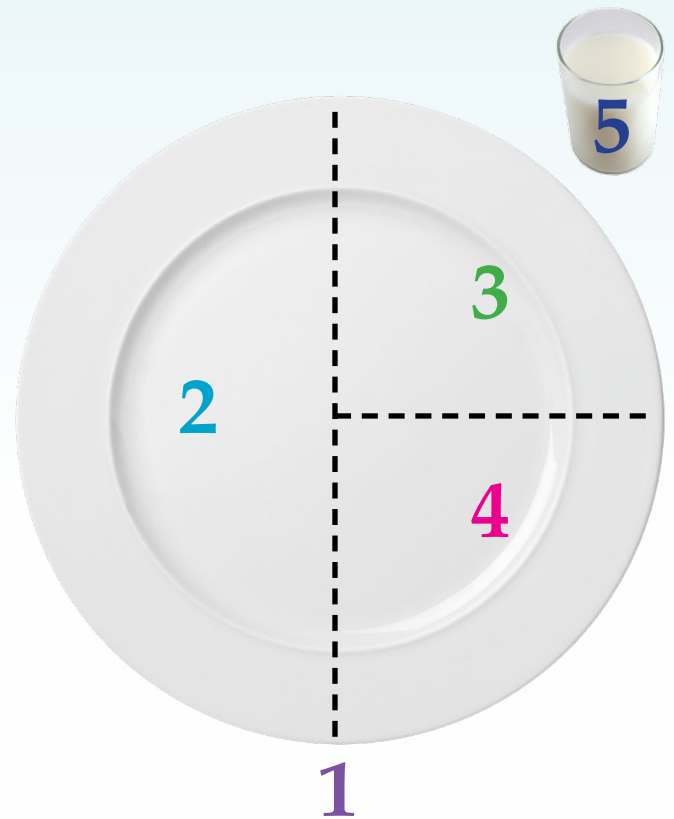
Ask an adult to help you measure your plate.  
It should be 7 inches across.

## How Do You Use Your Hand to Measure Food?

You can use your hand to measure one serving of a food.

Look at the size of your:

- **palm:**  
This is how much lean meat you should have.
- **fist:**  
This is how much whole grain pasta or rice you should have.
- **thumb:**  
This is how much cheese you should have.
- **thumb tip:**  
This is how much peanut butter you should have.



Flip the page over to see what a 7-inch plate looks like!

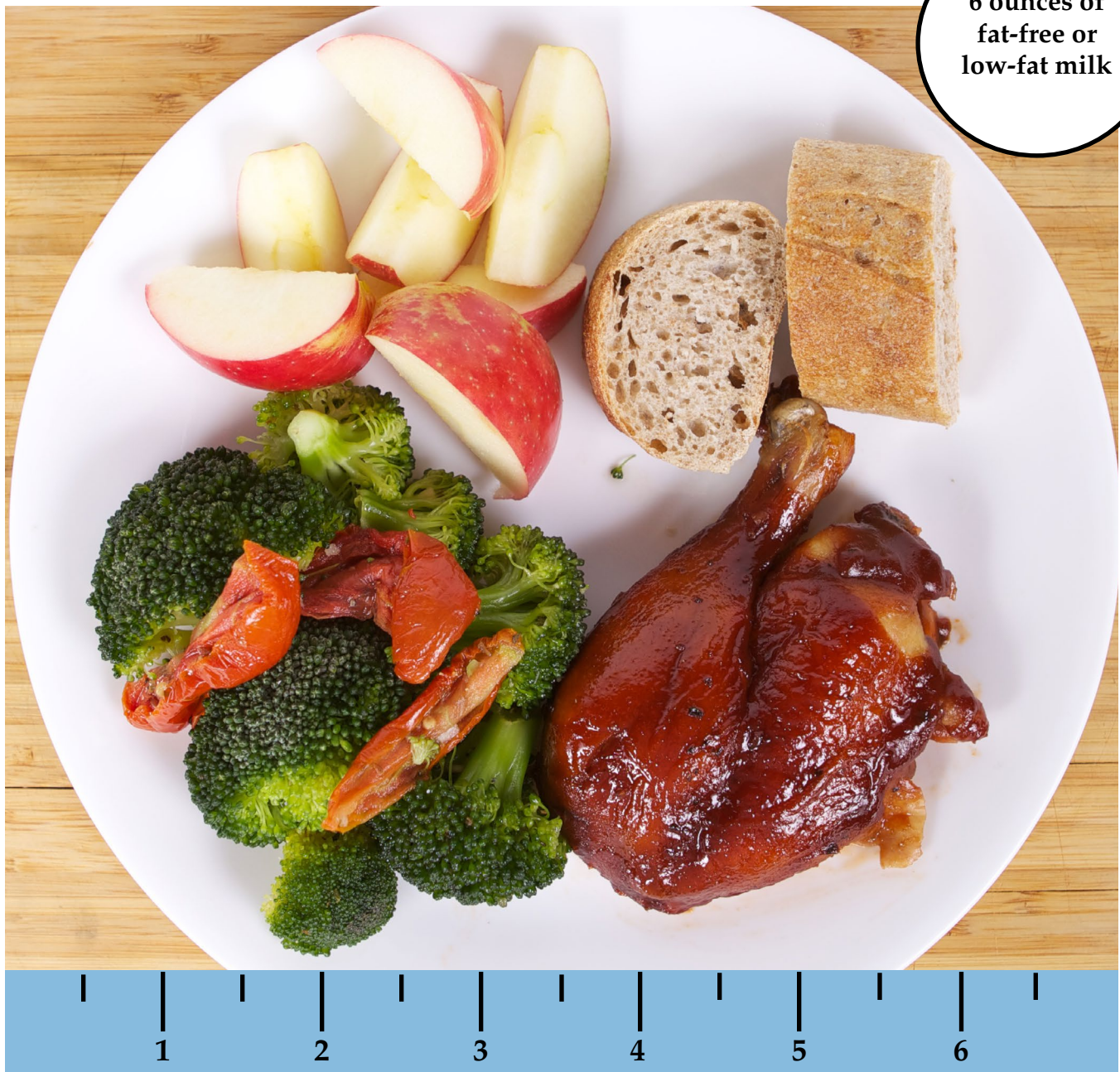
## Your Healthful Meal

Look at the picture below to see what a healthful meal looks like. Next time you sit down to eat, look to see if your plate:

- is the right size (Is it 7 inches across?)
- has mostly vegetables and fruits
- has two smaller parts filled with lean protein and whole grains.

Remember a  
glass of milk!

6 ounces of  
fat-free or  
low-fat milk



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