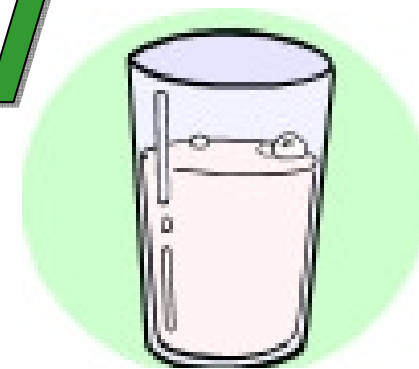
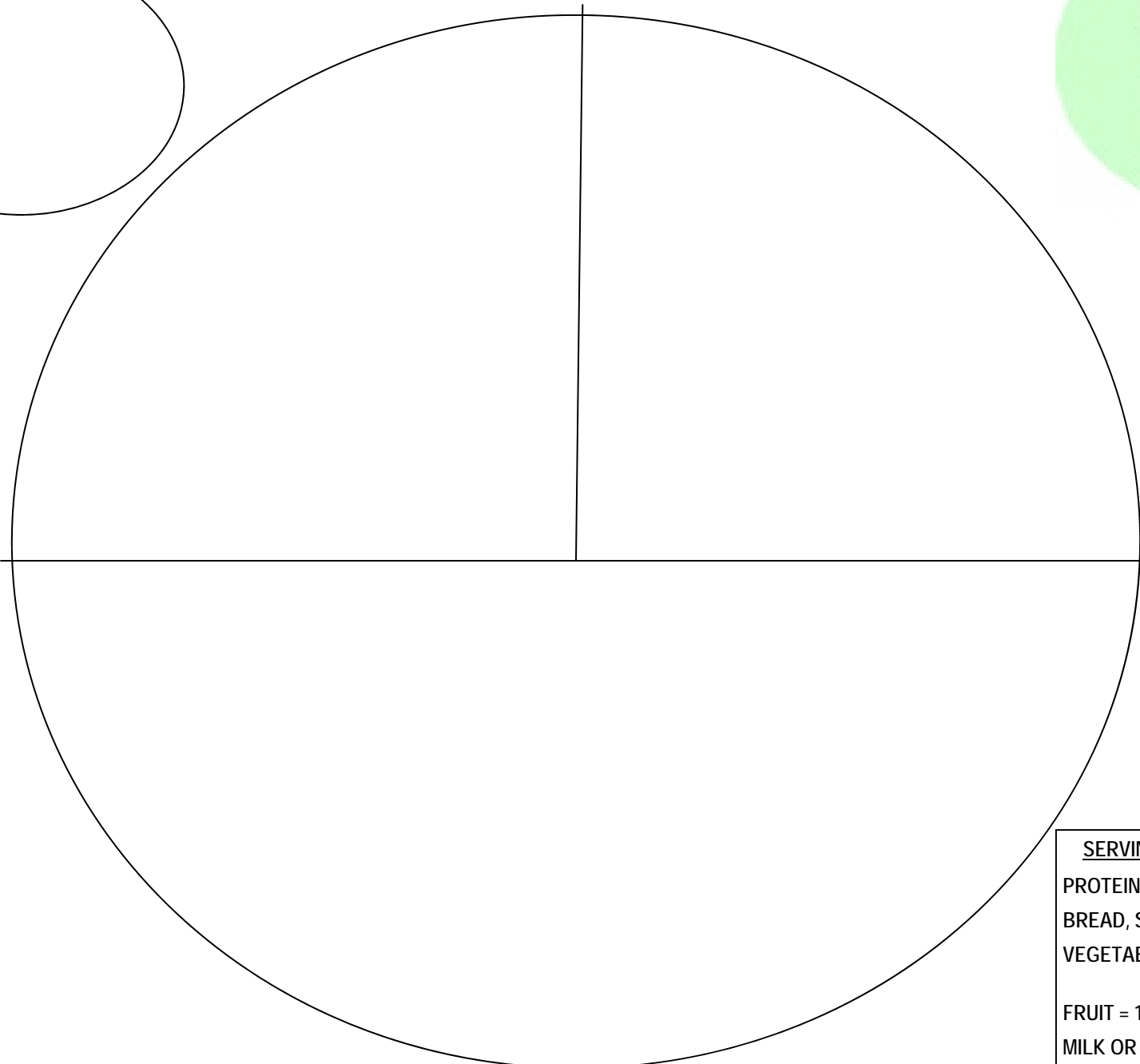
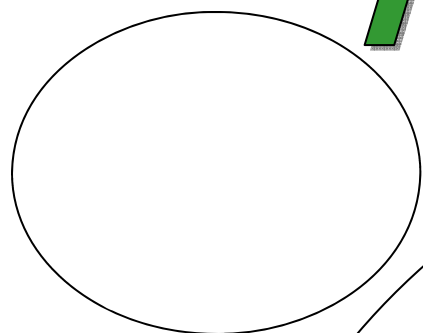


The Plate Model

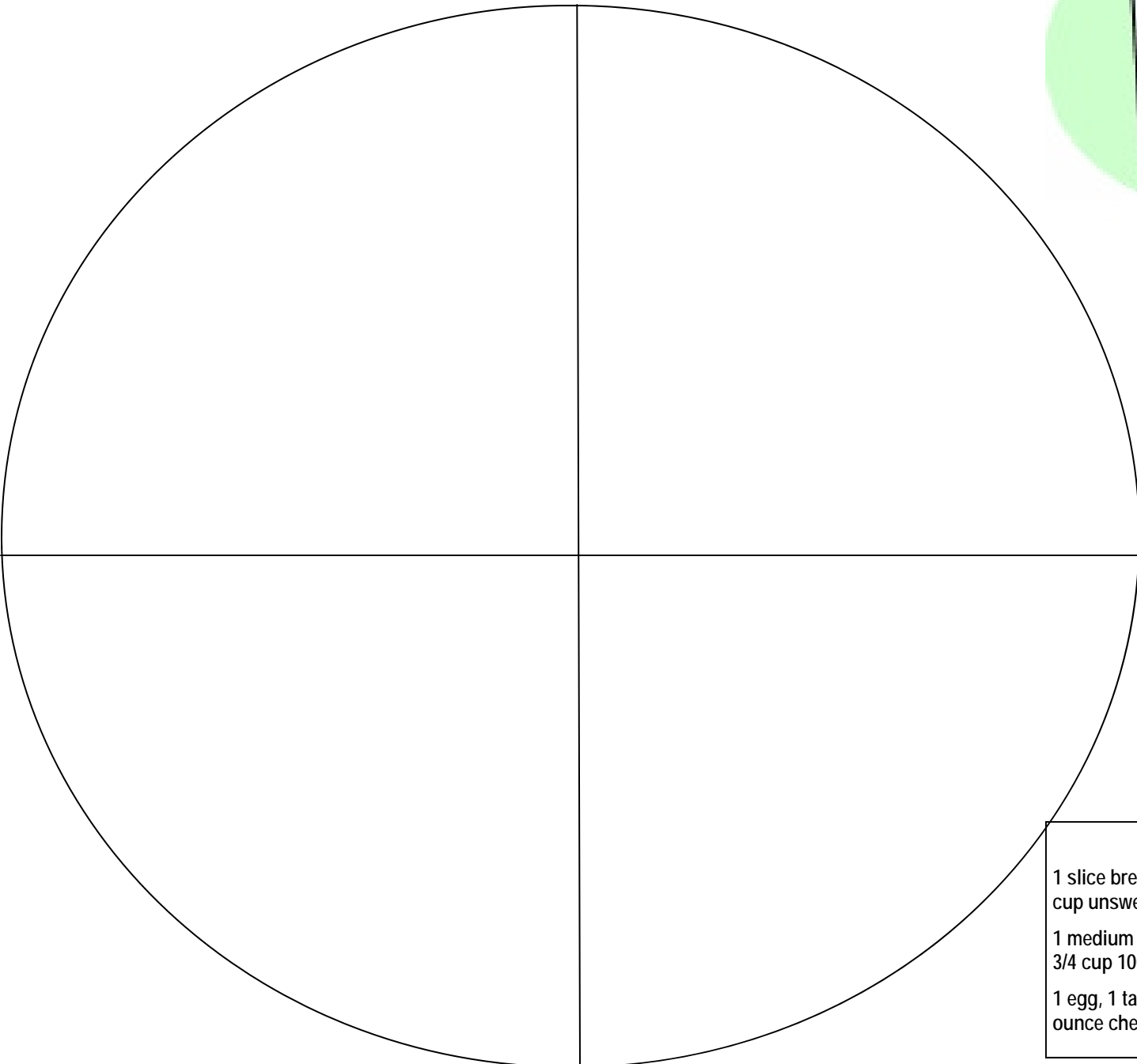
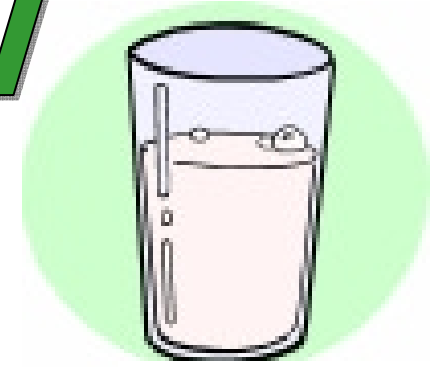


**LUNCH
OR
DINNER**



SERVINGS AT LUNCH AND DINNER
PROTEIN = 2 - 3 OUNCES
BREAD, STARCH = 1/2 CUP OR 1 SLICE
VEGETABLES = 1/2 CUP COOKED OR
1 CUP UNCOOKED
FRUIT = 1/2 CUP OR 1 SMALL FRESH
MILK OR YOGURT = 1 CUP

The Plate Model



BREAKFAST

SERVINGS SIZES
1 slice bread, 1/2 cup cooked cereal, 3/4 cup unsweetened cereal
1 medium fruit, 1/2 cup unsweetened, or 3/4 cup 100% juice
1 egg, 1 tablespoon peanut butter, 1 ounce cheese, 1 oz lean meat