

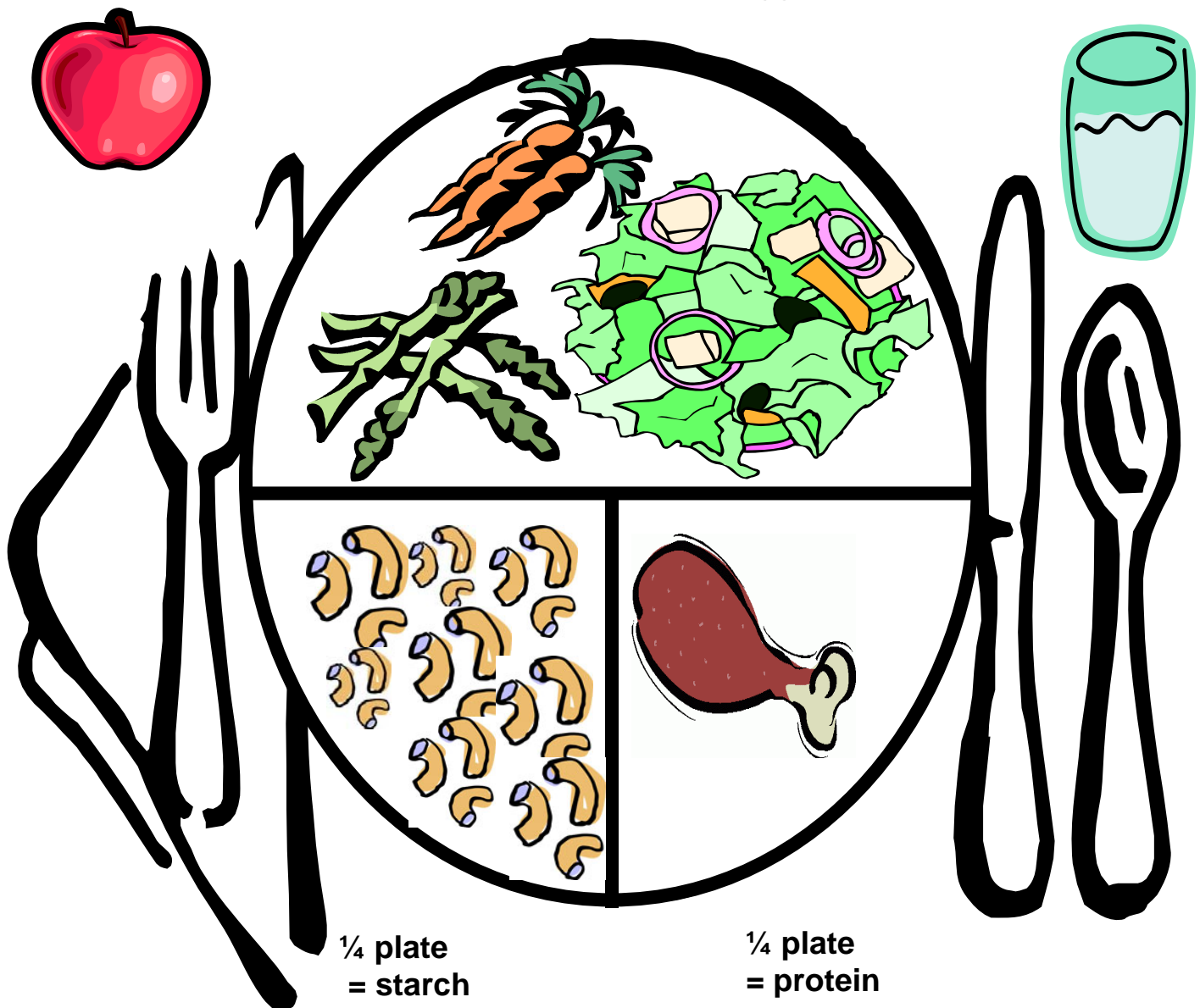
The "Plate Method"

Another way to visualize your portion sizes is to use the "plate method". This method helps you to watch your portion sizes by using your plate as a guide for how much food to serve. Pretend that you cut your plate in half across the middle, and then in half again on the bottom part of the plate.

The top half of the plate should be non-starchy veggies. The bottom half of the plate is then divided into 2 sections. One half should be a meat or other protein, and the other half should be a starch. You can have a piece of fruit and low fat milk or water to round out your meal. For example, you could eat a small salad, some baby carrots, and asparagus for your veggies. You could have a chicken drumstick as your meat, and some macaroni and cheese as your starch.

By following this pattern, you are sure to have a well balanced meal, and you will know that you aren't overeating because you'll be controlling your portion sizes.

$\frac{1}{2}$ plate = non-starchy veggies



This handout was created by the Riverside Regional Medical Center Dietitians.
Please call **757-594-2000** if you have any questions.