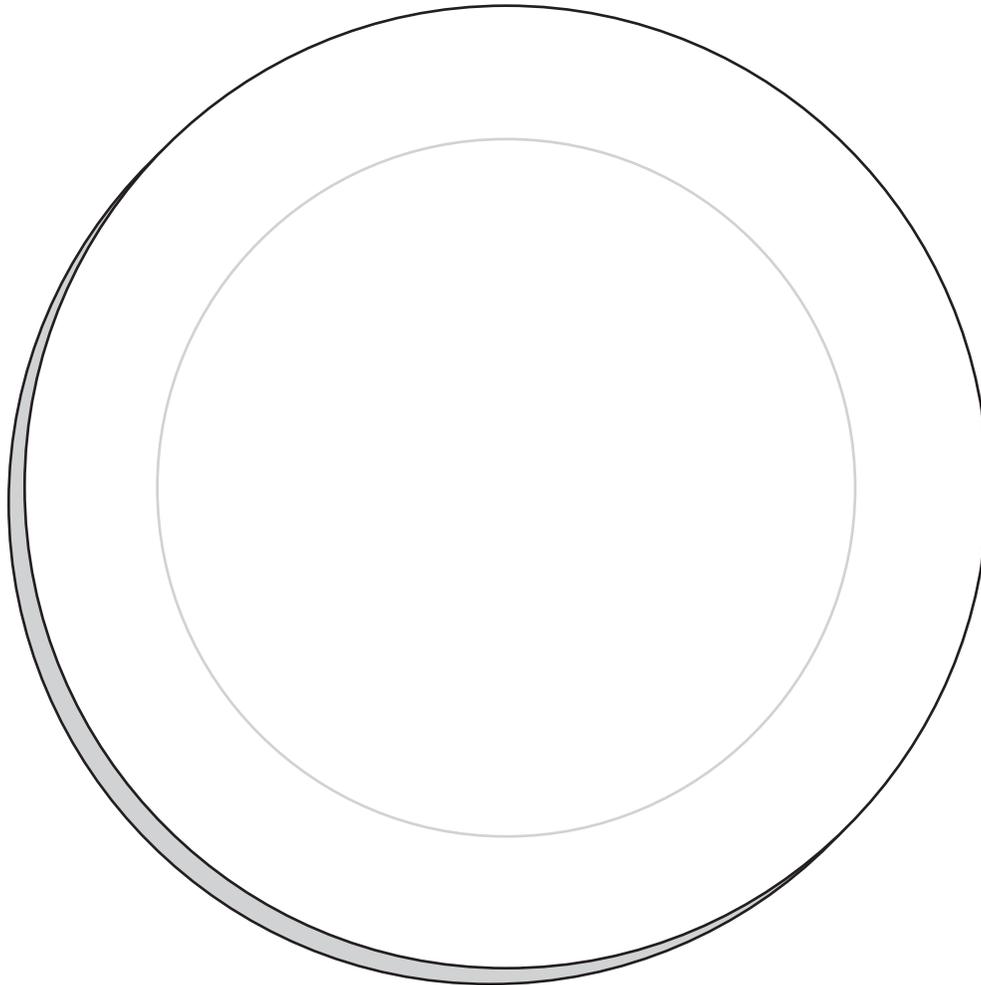


For Better Health: Rate Your Plate

- Picture, in your mind, your usual lunch or dinner.
- Draw in lines on the plate below, and label each area for these food groups: carbohydrates, proteins, and vegetables.

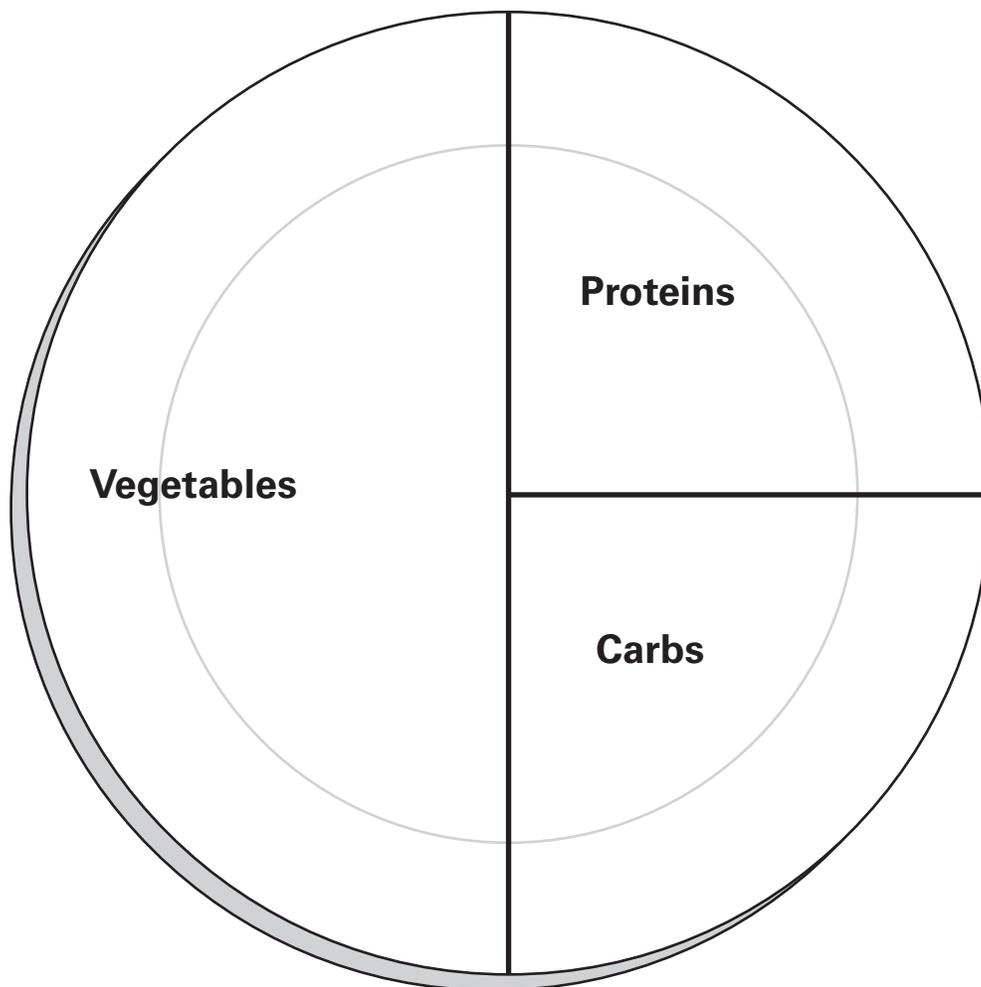


Now look at the next page . . .

Does your plate look like this?

The Healthy Plate

One half vegetables, one quarter protein, one quarter carbohydrates



- Is your plate covered with colorful vegetables—dark green, orange, red, and yellow?
- Is the fat trimmed off your meat and the skin removed? Did you choose leaner cuts of meat, poultry, or fish?
- Did you choose whole grain pasta or breads? Brown rice or potato with skin?
- How much fat was used in cooking or added to your plate? Instead of frying, try to boil, steam, grill, or bake.