USE THE PLATE METHOD FOR YOUR MEALS

Rather than measuring out portions for every meal, try using the Plate Method instead. Divide your plate into 3 parts:

½ of plate for fruits and vegetables

¼ of plate for grains: bread, rice, pasta, potatoes, tortillas

¼ of plate for protein: chicken (poultry), fish, lean red meat, eggs, beans/legumes

Fruit (1/2 cup or tennis ball size)

1 cup low-fat milk or yogurt