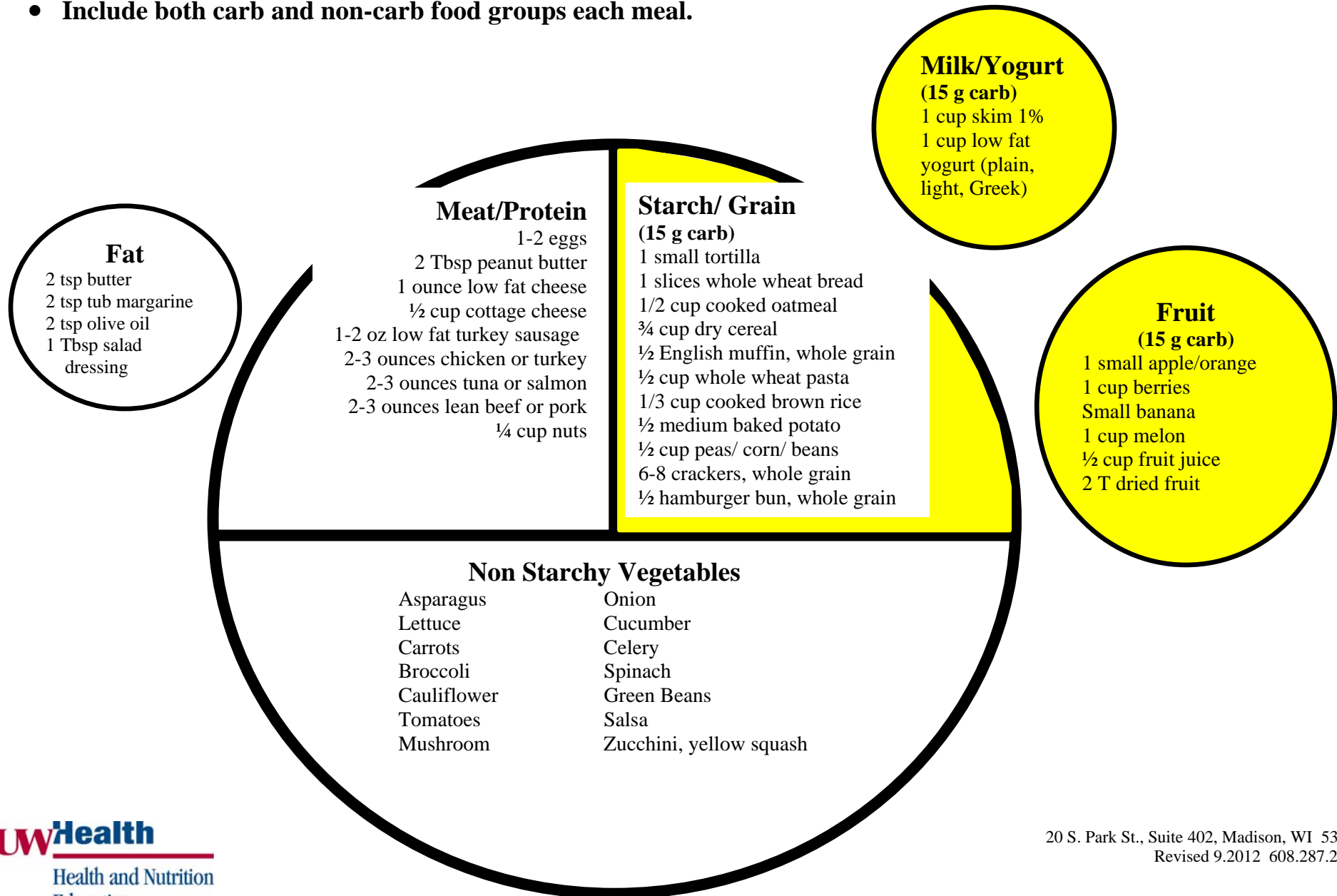


Meal Planning- Plate Method

- Eat 3 meals and 0-2 snacks daily.
- Choose at least 3-4 food groups at meals and up to 1-2 food groups at snacks.
- **Yellow** groups are carbohydrate. Carbohydrate gives energy.
- Include both carb and non-carb food groups each meal.



Plan Your Day: Plate Method

	Morning Meal	Morning Snack	Noon Meal	Afternoon Snack	Evening Meal	Evening Snack
Vegetable						
Meat/Protein						
Starch/Grain 15 grams carbs						
Fruit 15 grams carbs						
Milk/Yogurt 15 grams carbs						
Fat						