

# Rate Your Plate

**Rating your plate means eating the right foods in the right portions. It is an easy way to shape up your diet and eat healthy.**

Choose healthier options:

- Bake, broil or steam your foods rather than frying.
- Limit your intake of salt, sugar, saturated fat and trans fat.
- Eat more high-fiber foods.
- Trim the fat from the meats you eat.
- Drink lots of water.

Fill your plate with the right foods:

## **1/2 fruits and vegetables**

At least half of your plate should be full of fruits or vegetables. Be sure to fill this half of your plate with a variety of colorful foods. Every now and then, try a fruit or vegetable you haven't tried before.

## **1/4 grains**

A quarter of your plate should be filled with grains. And at least half of all the grains you eat should be whole grains. Examples of whole grains are whole-wheat flour, oatmeal, rye, barley, buckwheat and brown rice.

## **1/4 protein**

A quarter of your plate should be filled with protein foods. Great sources of protein come from lean meats, fish, poultry and tofu. Beans and lentils are also great sources of protein.

Then, add a glass of skim milk or a small bowl of nonfat yogurt, and you are ready to eat!



## Servings

### Quick definitions:

A serving is the amount suggested for a food.

A portion is what you serve yourself.



### Learn the size of 1 serving with these everyday objects

Vegetables and fruit	Grain products	Meat and alternatives	Dairy and cheese
1 cup of salad greens = a baseball	1 cup of cereal flakes = a fist	3 oz. lean poultry = a deck of cards	1 serving of cheese = 6 dice
1 baked potato = a computer mouse	1 pancake = a DVD	3 oz. grilled or baked fish = a checkbook	1/2 cup of ice cream = tennis ball
1 medium fruit = a tennis ball	1/2 cup of cooked whole-wheat pasta = a tennis ball	2 tbsp. peanut butter = a ping pong ball	
1/4 cup of raisins or nuts = a golf ball			

Sources: ChooseMyPlate.gov and MedlinePlus

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, 7 days a week at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

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