

Balance Your Plate

WITH THE RIGHT PORTIONS



HEALTHY FATS (OPTIONAL)

Eating healthy foods is important, but may not guarantee weight loss or maintenance. Careful attention to your portion sizes, particularly of calorie-dense foods, will help you eat the right amount for your goals.

Examples:

Small Meal (~500 Kcal)

- 4 oz lean protein (200)
- ½ cup grains or starchy vegetables (100)
- 1-2 cups non-starchy vegetables (30-60)
- 1 tbsp added fat (100)

Large Meal (~800 Kcal)

- 6 oz lean protein (300)
- 1 cup grains or starchy vegetables (200)
- 1-2 cups non-starchy vegetables (30-60)
- 2 tbsp added fat (200)