

# Balanced Your Plate

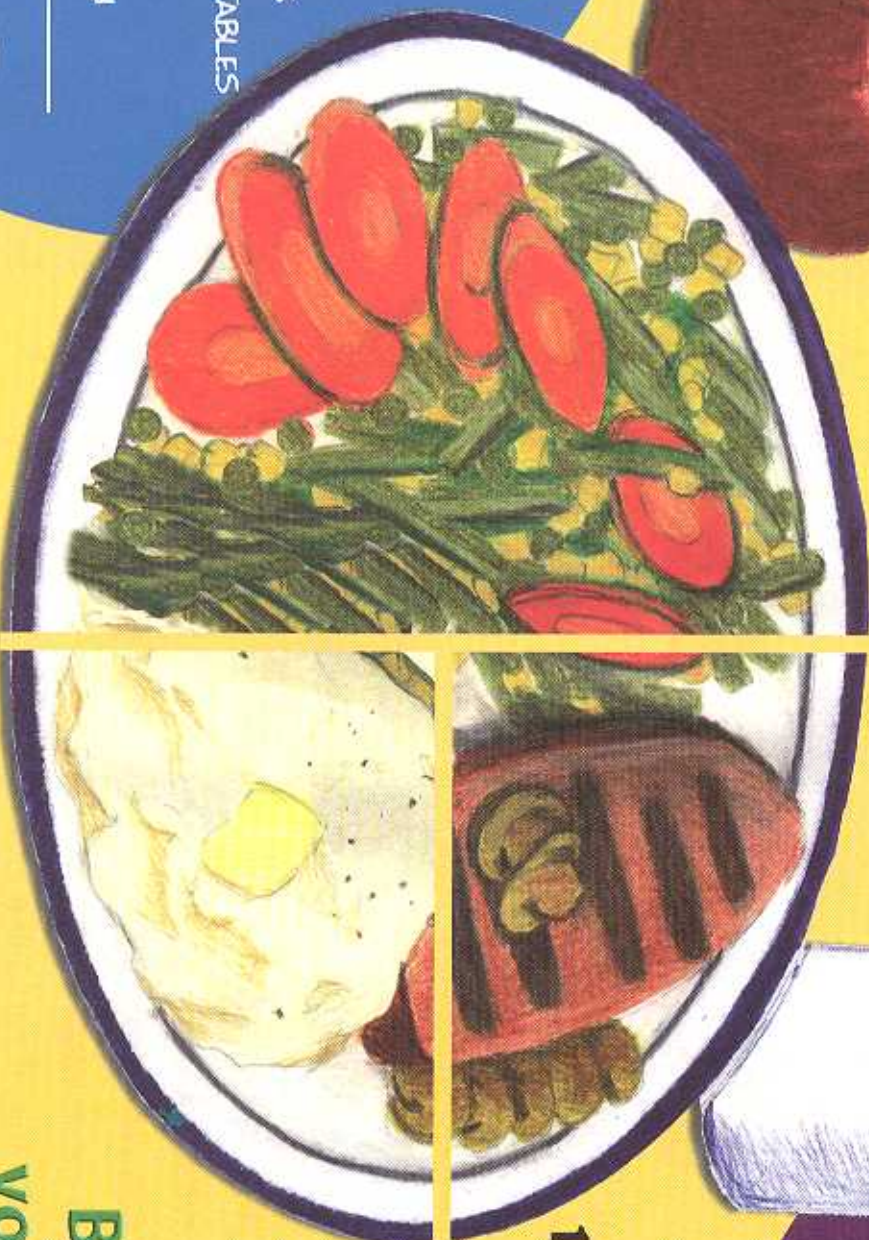
This product was developed by the Help Yourself: Chronic Disease Self Management Program at Marshall University School of Medicine in Huntington, WV and the New River Health Association in Scarbro, WV. Support for this product was provided by a grant from the Robert Wood Johnson Foundation@ in Princeton, New Jersey.

There are no bad foods,  
just bad portion sizes.

- Eat fruits and lots of veggies
- Increase fiber
- Lower fat



**1/2 Plate Vegetables**



**1/4 Plate Protein**

**Eat 3 meals every  
day at regular  
times.**

- 1 portion of PROTEINS
- 1-2 portions of VEGETABLES
- 1 portion of FRUIT
- + 2 portions of STARCH

**A BALANCED PLATE**

**1/4 Plate  
Carbohydrates**

**Balance  
your plate  
at each meal!**

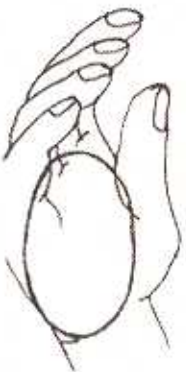


# Balance Your Plate

Try new foods  
Be Creative!

## How much protein?

- Size of the palm of your hand
- For women: 3-5 ounces
- For men: 4-7 ounces



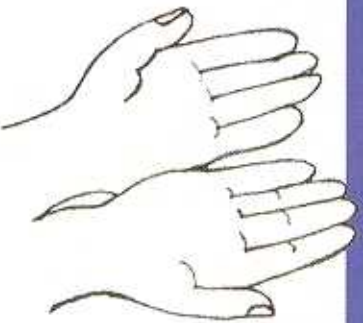
## How much starch?

- Size of your fist for each portion
- If you're eating large portions, take steps to eat smaller portions
- Have starch food with every meal



## How much fruit & vegetables?

- Fill your 2 hands with fruits and veggies and you will have a good portion for your meal
- Include a fruit with breakfast
- Include 2 or more veggies at lunch and dinner - add a fruit if you'd like
- Choose a fruit or veggie for a snack



## Ideas for reducing fat

- Choose leaner cuts of meat, trim off the outside fat and remove the skin from poultry
- Bake, broil or grill instead of fry
- Use low-fat or nonfat milk and milk products
- For a low-fat protein eat more beans — add beans to salads or soup

## Ideas for increasing fiber

- Build meals around fruits, vegetables and grains
- Choose cereals that are high in fiber
- Eat low-fat grain products such as whole-wheat breads, brown rice and corn tortillas
- Drink plenty of water to help more fiber through your system

## Veggie ideas

- Strain and drain canned veggies before cooking
- Use veggies to add color
- Potatoes, squash and corn count as a starch — not vegetables

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