Why the Plate Concept?

- It is simple and easy to use.
- It groups recommendations and eat healthfully.
- It covers the basic food needs.
- The plate method is an easy way to follow recommendations and eat healthily.
- Nutrition advice can be confusing sometimes.

How to Make a Plate

1. Use a 9-inch plate (with compartments)
2. Fill 1/4 of plate with fruits and vegetables (you can pile this as high as you like!) and fill your plate with fruits and vegetables (you can)
3. Fill 1/4 of plate with starch: keep it level and fill it
4. Fill 1/4 of plate with protein foods
5. Drink water with meals
6. Drink low-fat or fat-free milk

Serve between meals

Food and Animal Sciences
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Directions

1. CHILL
2. FILL the right portion (or meat/protein section) level with chilli. It should be about ⅔ of the plate.
3. FILL the left portion (or starch section) level with chilli. It should also be ⅔ of the plate.
4. If you have a good idea of the amount of food that goes into each section, you may combine the rice and the chilli.

Examples of fruits: pineapple, orange, grapefruit
Examples of vegetables: broccoli, green beans, cucumber
Examples of grains: rice, pasta
Examples of proteins: tofu, tempeh

Vegetables and Fruits: ...

Vegetables: Green beans, cucumber, broccoli, green pepper, red pepper, carrot, zucchini...
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Fruits: Pineapple, orange, grapefruit, banana, mango...
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For these recipes and more please go to:

www.cookin/pin finalists/cookind coobook.com...

For best results always follow packaging instructions and cook for the recommended time.

Number of servings: 6