

50/50 Plate Model*

Choose lean meats, skinless chicken or turkey. Fish 1-2x/week. Nuts and eggs are also good sources of protein. A burrito or hamburger would include both the protein and grain portions.+

Choose mostly whole grains, beans, potatoes, lentils, or brown rice.



*For each of 3 meals use a standard dinner plate (8-10" in diameter). The plate is divided into quarters with $\frac{1}{2}$ consisting of fruits and vegetables and the remaining $\frac{1}{2}$ plate divided into protein rich food and grains. For toddlers use a 4-6" plate.

Whole fruits and vegetables are better than juice. Choose the most colorful. Eat the Rainbow!

One serving of "visible fat" (butter, salad dressing, etc.) is incorporated into the grain or vegetable serving at each meal.



CALCIUM

One serving of dairy or calcium rich food (for older children, teens, and adults) should accompany the meal. Choose low fat or fat free milk or soy milk.

For those who are lactose intolerant: Choose calcium fortified soy beverage or orange juice. Though not as high in calcium content, you may also choose other foods with calcium including: broccoli, sweet potatoes, and oranges which could be included as a fruit or vegetable portion of the plate.

+ The protein portion would be the hamburger meat or burrito beans/meat, the starch is the hamburger bun or the tortilla.