HEALTHY **EATING** MADE EASY

My Healthy Plate

Serve half your plate with fruits and vegetables.

Make lower fat milk or water part of your meal.

> Serve one corner with healthy protein foods.

Serve one corner with whole grains.







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Agriculture and Natural Resources Cooperative Extension

Johns MC, Schneider C, Lamp C, Shilts MK, Townsend MS. My Healthy Plate Handouts. [Accompanies My Healthy Plate mini-lessons.] University of California Cooperative Extension. Copyright 2013, Regents of the University of California. All rights reserved. Graphic design by M Reed.

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