



Healthy dinner plate

Vegetables and salads

= 1/2 plate

Vegetables contain lots of important 'mini nutrients' that help keep your body healthy!

Lean protein

= 1/4 plate or 'palm size' portion

Protein foods are important for building and repairing your muscles, organs, and immune system!



Still feeling hungry?

- Don't reduce portion sizes too quickly (gradually reduce over 1-2 weeks)
- Drink a glass of water after the meal
- Go for a walk or find an activity that you enjoy
- If you are still feeling hungry after 20 minutes, have more vegetables or a piece of fruit

Carbohydrates

= 1/4 plate or 'fist size' portion

Carbohydrate foods give you energy to run, play, and learn!