Use the Healthy Plate to plan your meal.

Fill ½ of your plate with vegetables, ¼ lean meat or alternatives and ¼ whole grains.

Include fruit in either the vegetable portion of your healthy plate or as a healthy snack. Include two servings of milk or alternatives in your day.
WHAT’S ON YOUR HEALTHY PLATE?

Shift the food proportions on your plate to ½ vegetables, ¼ whole grains, ¼ meat & alternatives and reap the benefits!

• Vegetables are very high in nutrients and low in calories.
• Vegetables reduce risk of chronic conditions such as diabetes and heart disease.

HELPFUL TIPS

Ways to eat:
• Eat when you are hungry.
• Eat slowly and enjoy your food.
• Have regular meals to avoid overeating.

What to eat:
• Satisfy your thirst with water.
• Include fruit in either the vegetable portion of your healthy plate or as a healthy snack.
• Include two servings of milk or alternatives in your day.

• Meat and alternatives can include fish, lean meats, eggs, beans and nuts.
• Choose healthy oils such as olive, canola or peanut oil.

PORTION GUIDE

To avoid over-filling your plate, here’s a handy portion guide:

**Whole Grains:** Choose an amount the size of your fist.

**Vegetables:** Choose as much as you can hold in both hands.

**Meat & Alternatives:** Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

THE PLATE IS A USEFUL TOOL FOR PARENTS OF SCHOOL AGE CHILDREN

Reminder for parents:
• Parents and caregivers decide what, when, and where food is offered.
• The child decides whether to eat, and how much food to eat from what is offered.
• Set a routine for regular meals and snacks.

For more tips, links and helpful advice visit: vch.ca/healthyplate

For more copies, go online at vch.ca/healthyplate or email phem@vch.ca and quote Catalogue No. B8.200.W53

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