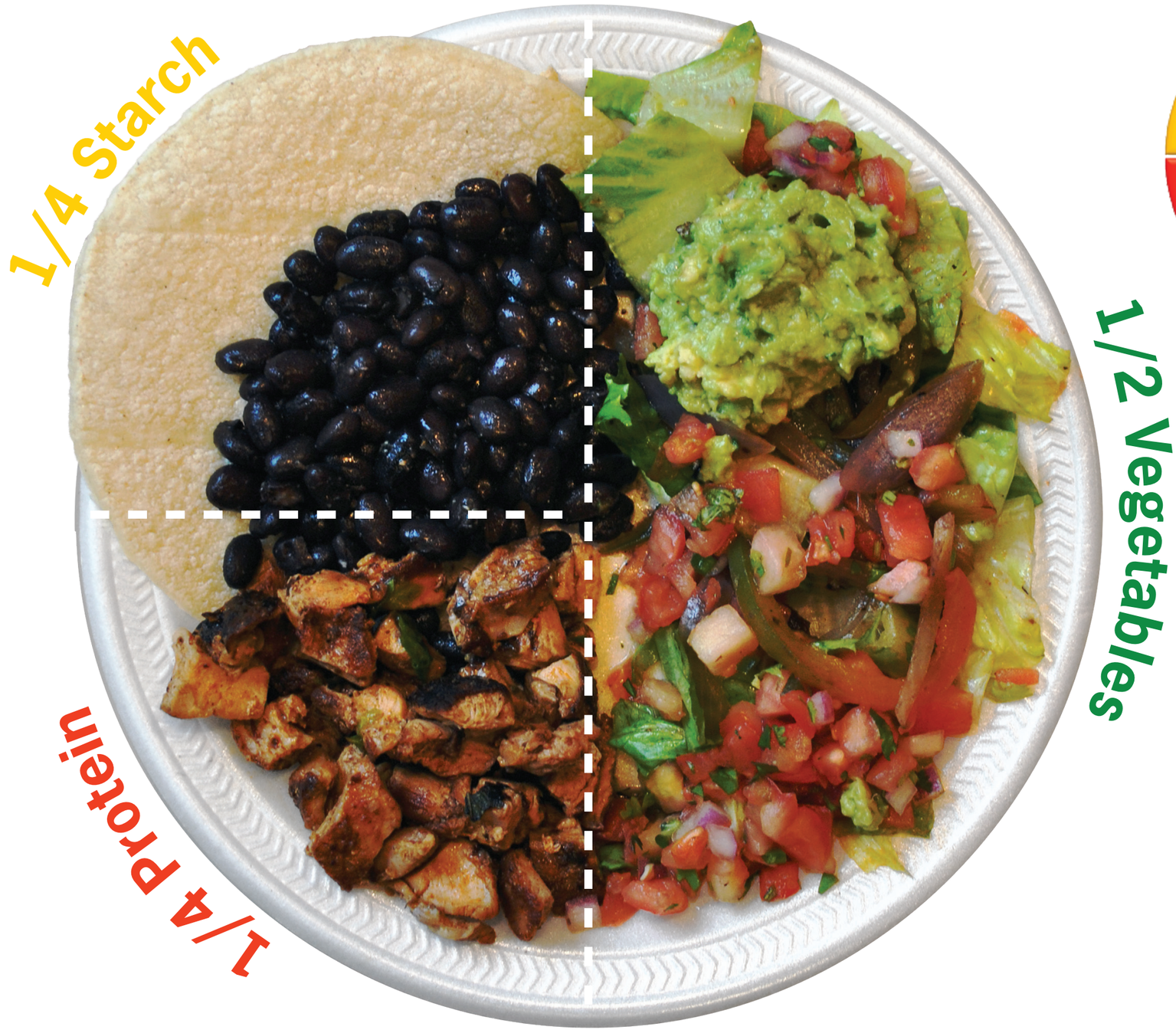
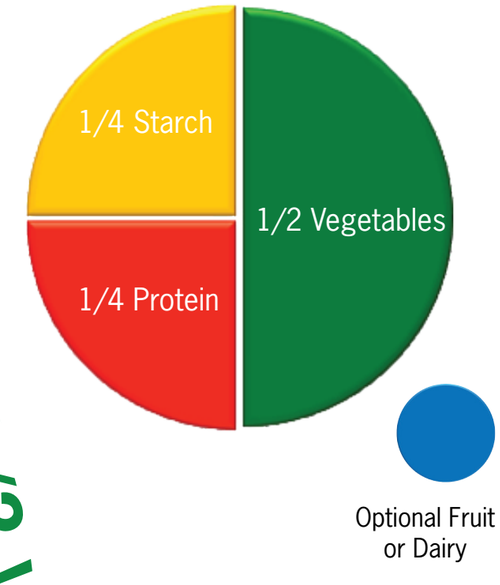
My Healthy Plate



Plan the portions on your plate.



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My Meal Planner: Portion Sizes

Pick **1** starch = 1 cup

Cereal

Corn

Corn tortilla (1-2)

Hard tortilla (1-2)

Oatmeal

Posole

Rice

Saltines (5)

Yam (1 medium)

Tamale (½)

Pick **2** or **more** vegetables = 2 cups

Chayote

Gherkin

Jicama

Mexican squash

Nopal

Onion

Red pepper

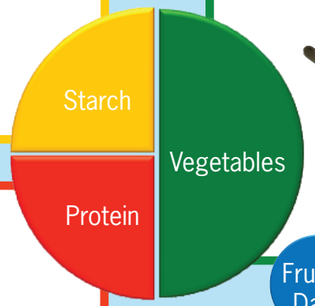
Salsa fresca

Salsa verde

Spicy peppers

Tomatillos

Tomato



Pick **1** protein = 4 ounces

Beans
(½ cup)

Beef

Boiled egg

Ceviche
(1 cup)

Chicken

Pork

Shrimp
(1 cup)

Queso blanco
(2 ounces)

Fruit or Dairy

Optional: Pick **1** fruit or **1** dairy = 1 small piece or 1 cup

Apple

Banana

Guava

Mango

1% milk

Plain or light yogurt

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