



Portion Size Platter Guidelines (based on a 9-inch plate)

- Fill $\frac{1}{4}$ of your plate with about 4 ounces of protein, such as lean meat, chicken, fish, tofu, or beans.
- Fill $\frac{1}{4}$ of your plate with a starch, such as a $\frac{1}{3}$ cup of rice, one slice of bread, a $\frac{1}{2}$ cup cooked potatoes, or a small roll.
- Fill $\frac{1}{2}$ your plate with vegetables, such as broccoli, carrots, and salad. Use one tablespoon of salad dressing, if desired. Choose two or more colors when possible.
- Add 1 serving of fruit, such as a small pear or apple.
- Add one teaspoon of margarine or oil for preparation or addition at the table.
- Foods with less than 20 calories per serving are considered “free foods.”

Add other portions as needed to round out your individual meal plan.

For breakfast, use 2 quarters of the plate and not the other half.

For lunch and dinner, use the whole plate.



Ball Memorial Hospital

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