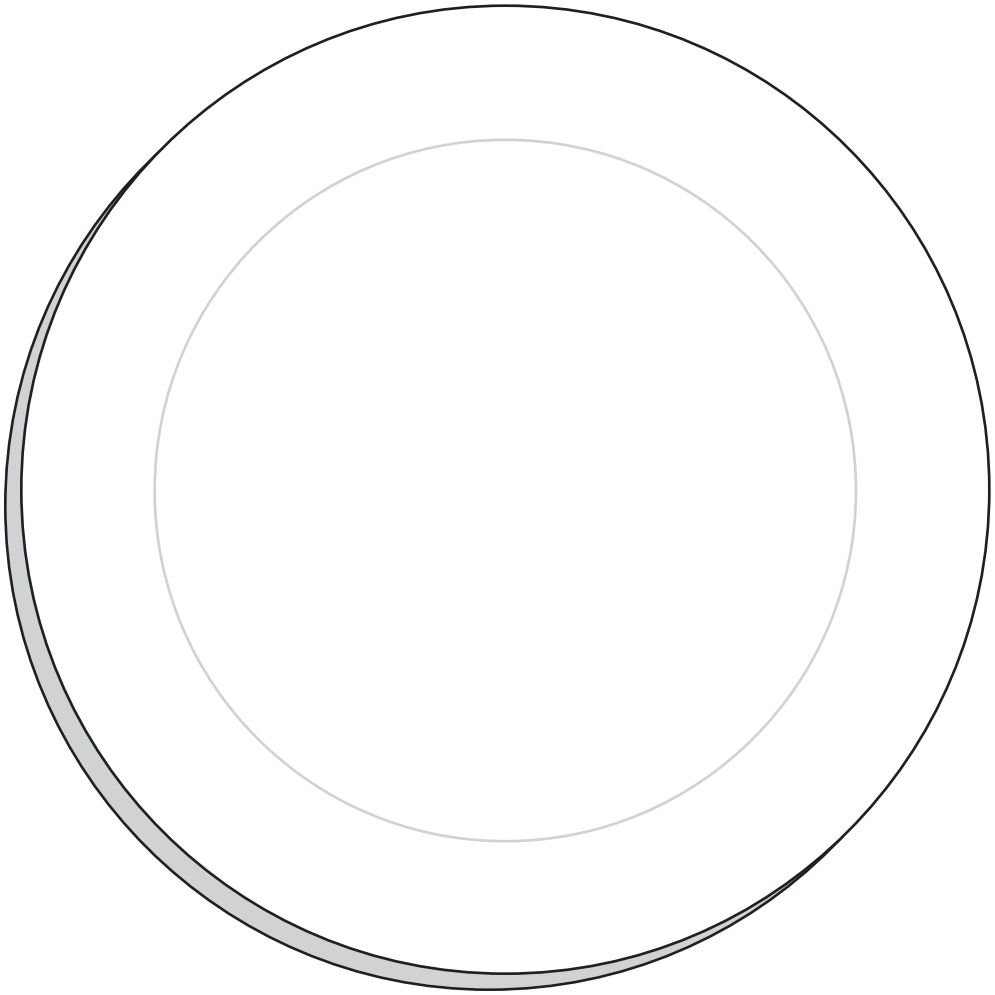
## For Better Health: Rate Your Plate

- Picture, in your mind, your usual lunch or dinner.
- Draw in lines on the plate below, and label each area for these food groups: carbohydrates, proteins, and vegetables.



Now look at the next page . . .

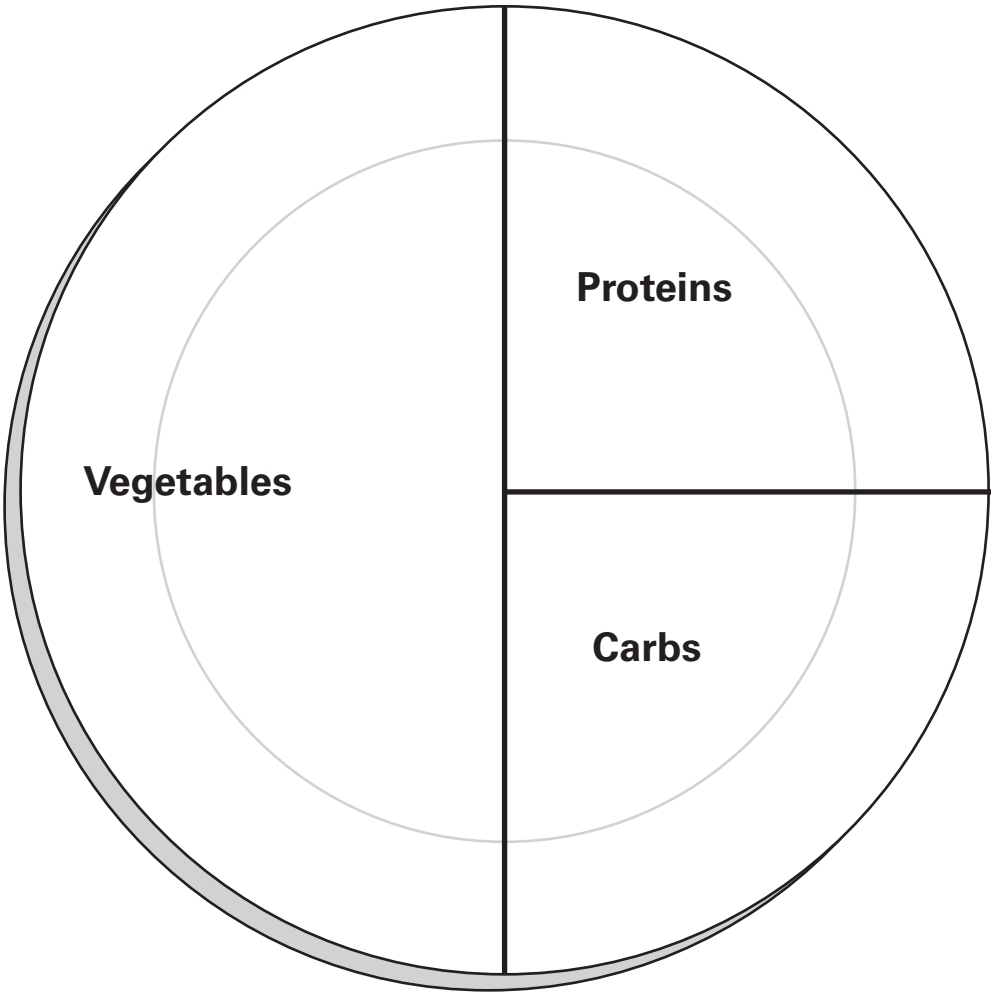
**Office\Provider Name:** _____

**Phone:** _____

## *Does your plate look like this?*

**The Healthy Plate**

One half vegetables, one quarter protein, one quarter carbohydrates




- ❑ Is your plate covered with colorful vegetables—dark green, orange, red, and yellow?
- ❑ Is the fat trimmed off your meat and the skin removed? Did you choose leaner cuts of meat, poultry, or fish?
- ❑ Did you choose whole grain pasta or breads? Brown rice or potato with skin?
- ❑ How much fat was used in cooking or added to your plate? Instead of frying, try to boil, steam, grill, or bake.

Adapted from Rate Your Plate. The Joslin Diabetes Center.