

# MY NATIVE PLATE

## An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

### Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
  - 1/4 plate is fruits
  - 1/4 plate is vegetables
  - 1/4 plate is grains or starch
  - 1/4 plate is meat, fish or poultry
3. Stack food no higher than 1-1 and a half inches.

### Pictured Here

- Canned peaches, no syrup
- Baked squash and peppers
- Steamed white and brown rice
- Baked deer meat with garlic
- Low-fat, nonfat, lactose-free or soy milk

### Printed Placemats

Large, full-color, printed placemats will be available by fall 2012 at [www.diabetes.ihc.gov](http://www.diabetes.ihc.gov), click on "Online Catalog." There is no charge for placemats or shipping.

Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)



Fruits



Dairy

Grains/  
Starch

Vegetables



Protein

### Remember:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
3. Stack food no higher than 1-1 and a half inches.



= 9" diameter



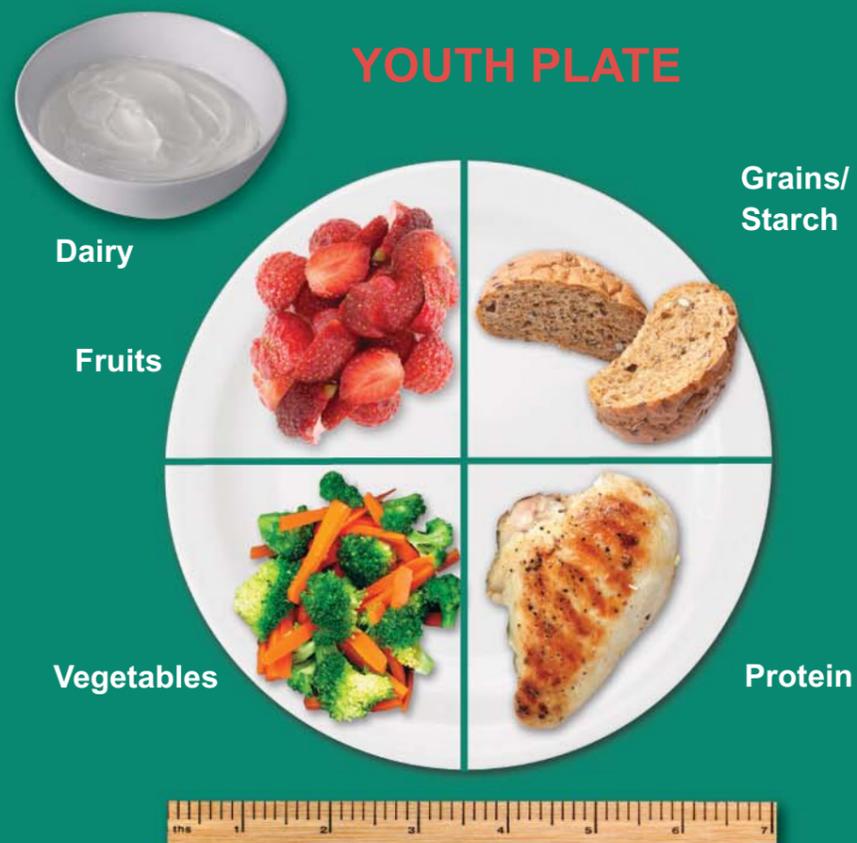
# More My Native Plates for Your Family

## Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

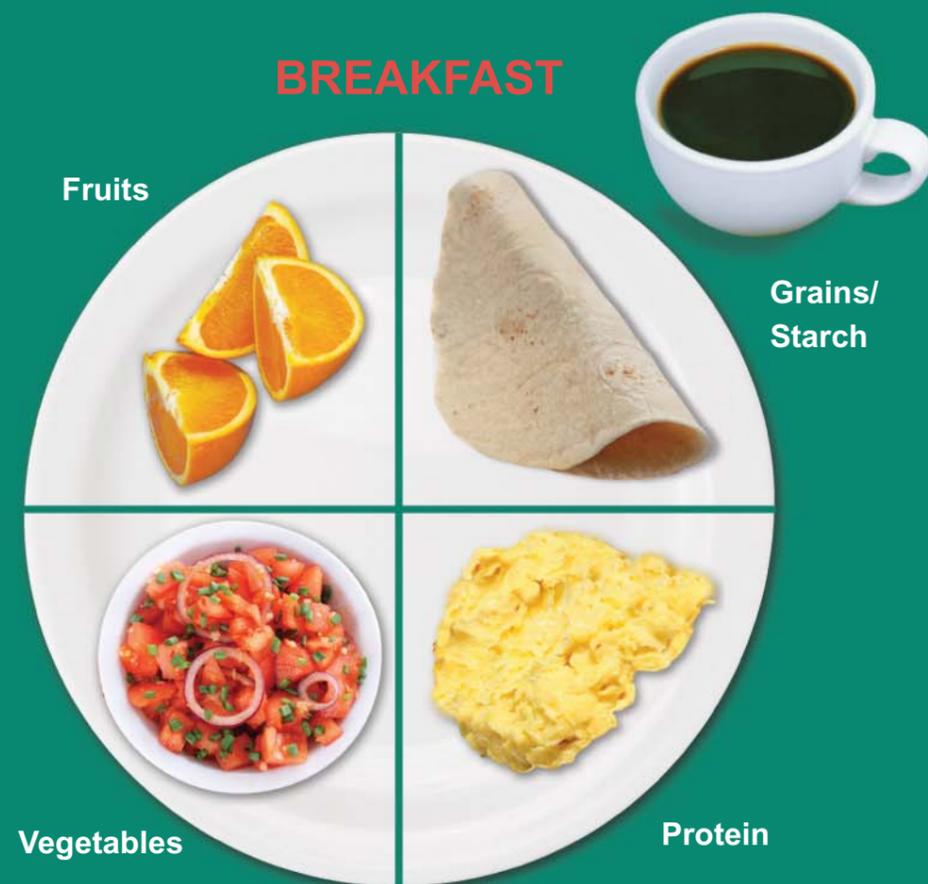
## Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth.

## BREAKFAST



## Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

## Pictured Here

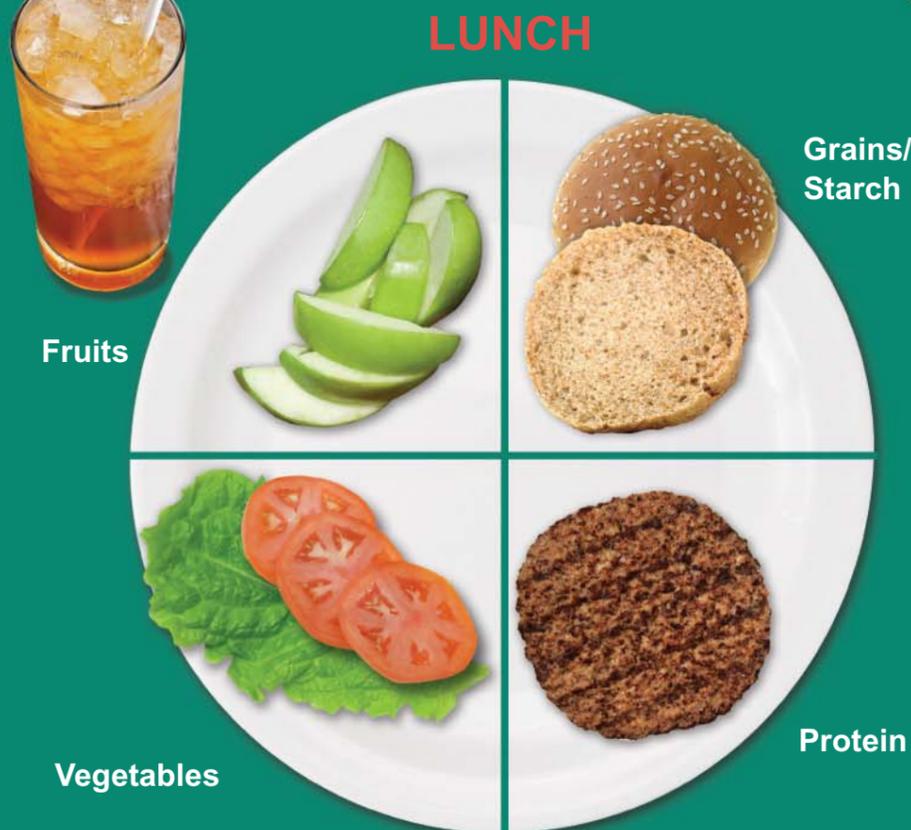
- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

## Lunch Tips

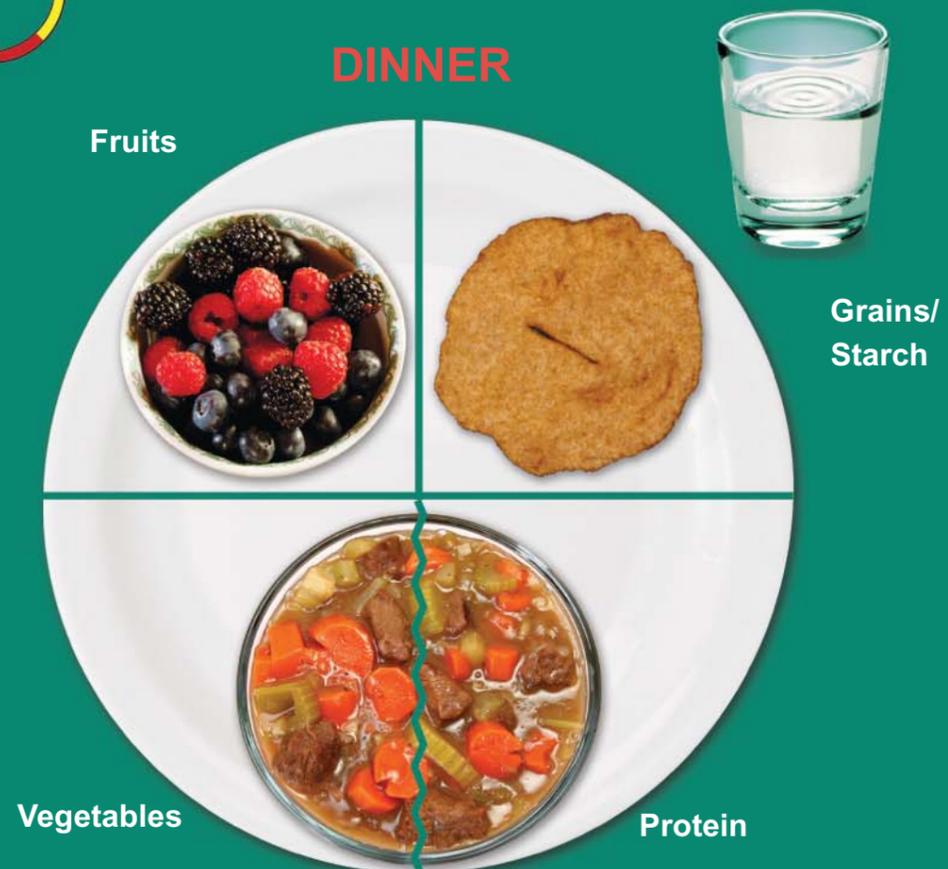
- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

## Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



## DINNER



## Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

## Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water