

Nutrition Plate Mat

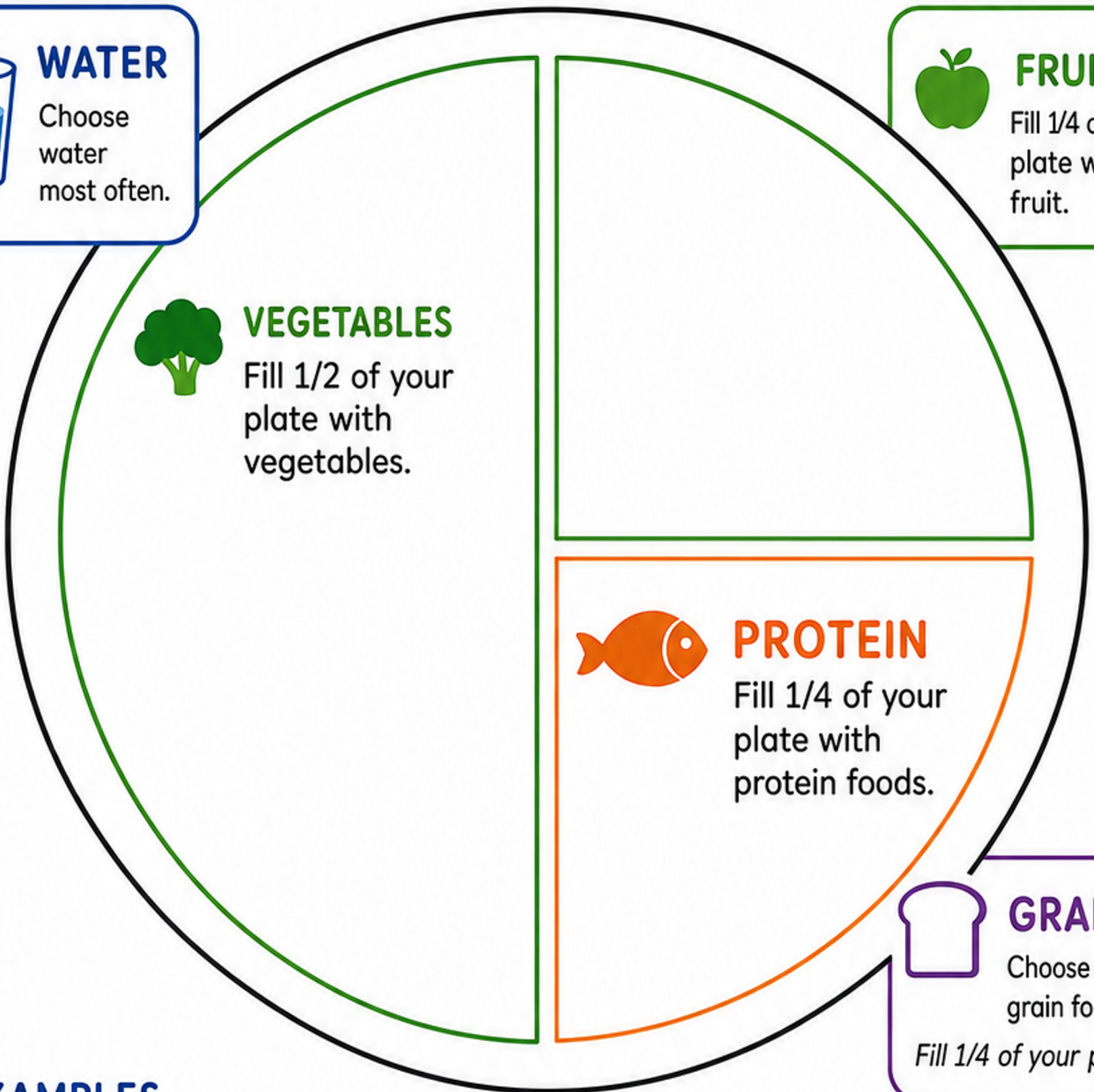
Build a healthy meal by filling your plate!



WATER
Choose water most often.



FRUIT
Fill 1/4 of your plate with fruit.



VEGETABLES
Fill 1/2 of your plate with vegetables.



PROTEIN
Fill 1/4 of your plate with protein foods.



GRAINS
Choose whole grain foods.
Fill 1/4 of your plate.

EXAMPLES



VEGETABLES
broccoli, carrots, spinach, capsicum



FRUIT
apple, banana, berries, orange



PROTEIN
chicken, fish, eggs, beans, tofu



GRAINS
brown rice, wholemeal bread, oats, wholemeal pasta

MY MEAL IDEAS

I WILL...



Eat a variety of foods.



Include fruit and vegetables.



Choose whole grain foods.