

These paper plates are designed to help patients understand portion sizes and eat healthier meals by balancing protein, starch and vegetables.

INSTRUCTIONS:

- 1. With the marker, extend the dotted lines to the end of the plate.**
- 2. Label the sections:**
 - 1/4 protein**
 - 1/4 starch**
 - 1/2 vegetables (includes salad)**
- 3. Work with your patients to write down food examples in each section (e.g. in the 1/4 starch section: potatoes, rice, corn).**
- 4. Use the opportunity to engage your patients in a conversation about their eating habits.**
- 5. Give the paper plate to your patients to take home.**

Working together with your patients to personalize their meals, and giving them the plate to take home, can make a big difference.



Taking small steps can make a big difference.



Michael R. Bloomberg,
Mayor

Thomas R. Frieden, M.D., M.P.H.,
Commissioner

