

# 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.ihs.gov](http://www.diabetes.ihs.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.

