

# 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



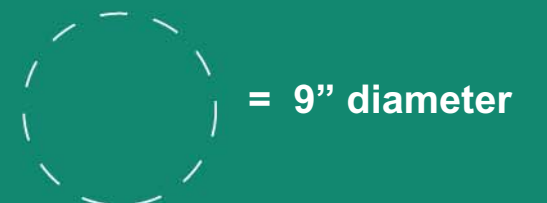
Vegetables



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.



= 9" diameter

