

The Balanced Plate

A balanced lunch and dinner includes choices from all four food groups in Canada's Food Guide. Does your plate look like this?

Add a glass of milk to complete the meal

Fill $\frac{1}{2}$ of your plate with vegetables and/or fruit

Fill $\frac{1}{4}$ of your plate with meat and/or alternatives

Fill $\frac{1}{4}$ of your plate with whole grains



Eat well. Be well.

Plate Makeover

A few simple changes will ensure you have a balanced plate at mealtime.

1

Before

Pasta with tomato meat sauce and milk



Balanced Plate

- Less pasta
- Add vegetables



2

Before

Salad with chickpeas



Balanced Plate

- Less salad
- Add whole grain pita
- Add fruit and milk



3

Before

Large chicken sub sandwich and pop



Balanced Plate

- Smaller sandwich
- Add salad
- Swap milk or small juice for pop

