3 STEPS TO HEALTHY EATING

You can help your family members eat healthy by taking these 3 steps:

1. **Use smaller plates.**
2. **Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.**
3. **Watch portion sizes by stacking food no higher than 1 to 1 1/2 inches.**

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition,* then *My Native Plate.*

Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov