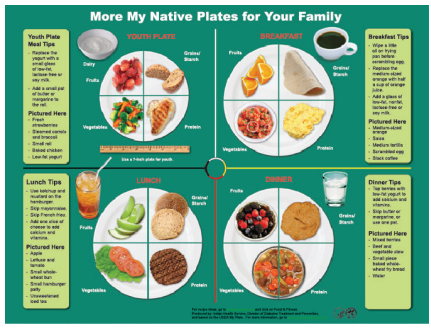
3 Steps to Help Your Family Eat Healthier Meals

My Native Plate Placemats Show You How



You can help your family members eat healthier meals. A free placemat called *My Native Plate* shows 3 steps to help your family members know how much to eat:

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.

My Native Plate also has tips to help your family members choose healthier foods:

- Eat a variety of vegetables. For breakfast, have some tomato salsa with scrambled eggs. For lunch, have lettuce and tomato on a sandwich. For dinner, have baked squash as your vegetable.
- Eat a variety of fruits. For breakfast, have half an orange. For lunch, have a small apple. For dinner, have canned peaches without syrup.
- Switch to whole grains. For breakfast, have one corn tortilla. For lunch, have a small, whole-wheat bun. For dinner, have brown rice instead of white rice.
- Choose lower-fat dairy. Drink low-fat, lactose-free or soy milk. Eat low-fat yogurt and low-fat cheese.

On the front page of *My Native Plate* there is a photograph of a 9-inch plate with baked squash, canned peaches, brown/white rice, baked deer meat, and low-fat milk. On the back, there are photographs showing sample breakfast, lunch, dinner, and youth plates.

You can find *My Native Plate* on the IHS Division of Diabetes Treatment and Prevention website:

www.diabetes.ihs.gov.

Click on *Printable Materials*, then *Nutrition.* Best if printed on a color printer.

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