

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 1½ 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