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.