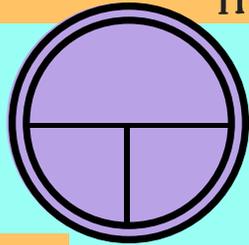


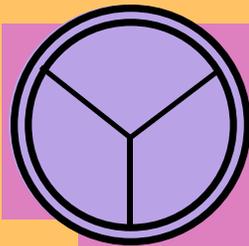
# BUILD BALANCED PLATES

Eat well without overthinking it!



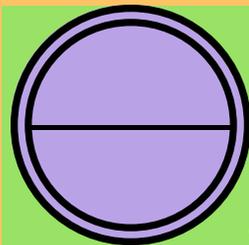
## THE STANDARD GUIDE FOR AN IDEALLY BALANCED PLATE

Half fruits & vegetables, one quarter whole grains, one quarter protein-rich foods. Use this when you feel your normal level of hunger!



## THE BOOSTS PROTEIN & STARCH PLATE

One third each fruits/vegetables, whole grains, & protein-rich foods. If you're hungrier than normal or dining out, this plate may fit better!



## THE STILL PLACES A PRIORITY ON FRUITS & VEGGIES PLATE

Half fruits/vegetables & half whole grains, proteins, or a combination of the two. This plate acknowledges that sometimes you want a big hunk o'protein or a comforting portion of pasta!

## RUNNING ON FUMES

(AKA "hangry")

You probably waited too long to eat. Eat now, but take your time. Try to avoid getting here in the future.

## CONTENTED

You don't feel the need to eat right now, & you're not really thinking about it. You might feel this way between meals. You're more focused on things like work or fun.

## UH OH, TOO FULL

It's an uncomfortable feeling that you exceeded your limit. Try to avoid.

## SIGNALING HUNGER & FULLNESS

THINK OF YOUR STOMACH LIKE A GAS TANK!

## TYPICAL HUNGER

You have some food, but need more to keep your energy going. Plan on eating soon - make sure you have food & time to focus on eating.

## JUST RIGHT

The "feel good" place to stop when you're eating. You may have room for more, but it would probably overfill you. Remember that it takes up to 30 minutes for the fullness message to reach your brain.