

# My Plate Planner

A Healthy Meal Tastes Great



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions



**Palm of Hand**  
Amount of Lean Meat



**A Fist**  
Amount of Rice, Cooked Pasta, or Cereal



**A Thumb**  
Amount of Cheese



**Thumb Tip**  
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.