

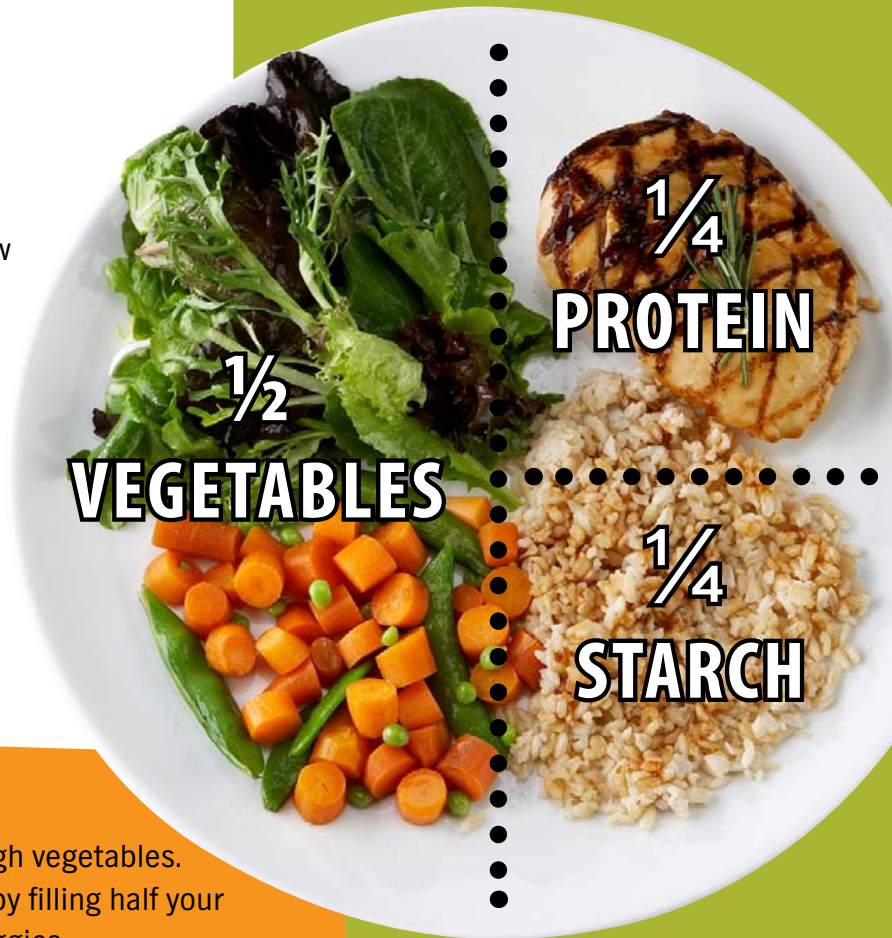
A Balanced Diet

Trying to find the right proportions?
Here's a simple guide.

You might know you want to have foods from each food group on your plate – some protein, some veggies and some complex carbohydrates. But how do you make sure your proportions are right?

Start with a 9-inch plate. Experts say we are likely to clean our plate regardless of how big it is. So if you use a 9-inch plate instead of a 12-inch one, you can control your portions better.

Then, load up your plate this way:



1/2 Plate Vegetables

Most Americans don't eat enough vegetables. Make a dent in your daily dose by filling half your plate with a colorful array of veggies.

1/4 Plate Proteins

Choose low-fat proteins like chicken, fish and other lean meats. If you're a vegetarian, then look for tofu or beans for your protein needs. And rather than frying, be sure you bake, broil or grill for a healthy plate.

1/4 Plate Starches

Whole-grain carbs like brown rice or quinoa are good for your heart and keep you feeling full for longer. And even though foods like yams, potatoes and corn are considered vegetables, they are starchy veggies and should go on this part of your plate.

Healthy Lifestyles can help you eat healthier. Log in to Healthy Lifestyles to search for recipes, easily track daily behaviors and show your progress for healthy eating.