



## Divide Your Plate

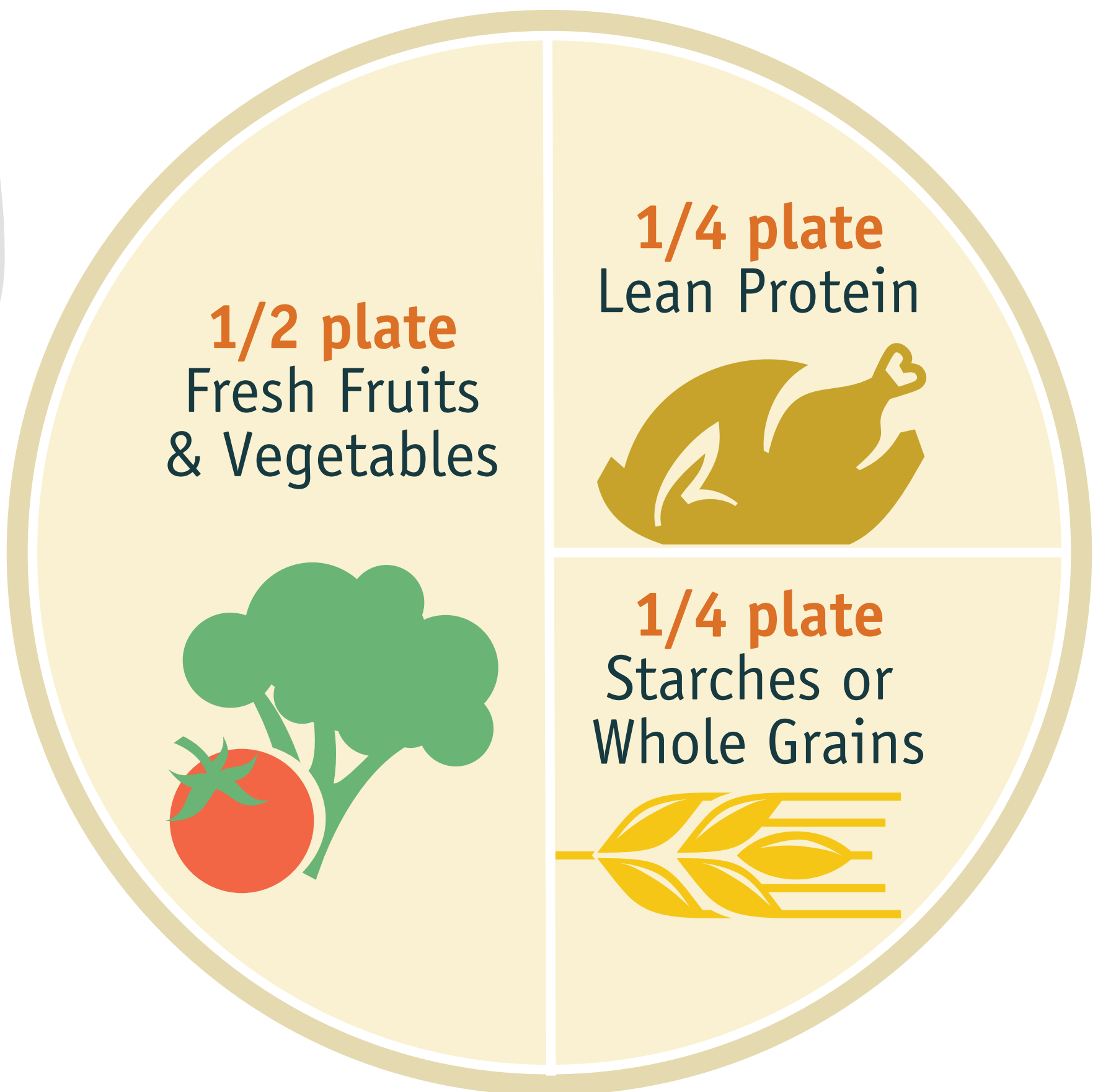
Use the guide below to help with your portions.

On a 9" plate you should have...



Also remember to drink with your meal:

**ONE**  
**8 oz. cup**  
of water,  
low-fat milk or  
other low- or  
no-calorie drink



► For more information, visit [www.CardioSmart.org/Portions](http://www.CardioSmart.org/Portions).

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Please consult your health care provider about your specific health needs.