

Meal Planning Guidelines

Follow the Plate Method:



Tips:

- **Make a shopping list before going to grocery store**
- **Shop on the perimeter of the store**
- **Make a plan for your meals each day**
- **Portion your plate before you sit down to eat**
- **Aim to include more vegetables on your plate**
- **Eat slowly and enjoy your food**
- **Before snacking ask yourself if you are really hungry**
- **Portion out your snacks**
- **Try new foods**