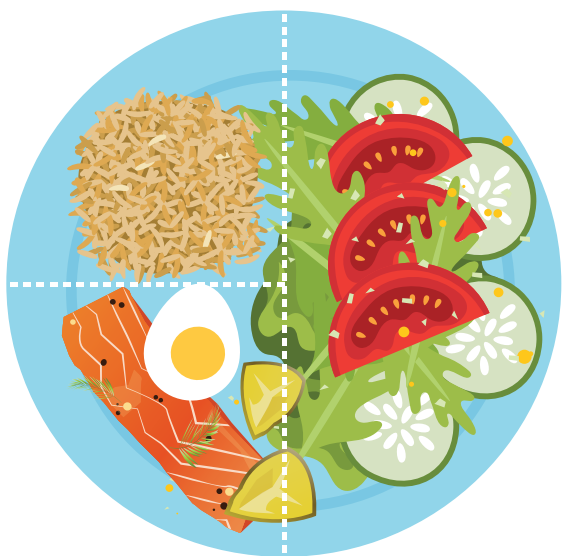


Metropolitan

TAKE THE #METMYPLATE CHALLENGE



What Is MyPlate?

Create balanced meals that stay within your calorie allowances. Let a 9-inch plate be your guide!

- + Fill 1/2 of the plate with 2 servings of non-starchy vegetables.
- + Fill 1/4 of the plate with lean meat (3 ounces cooked) or another high-protein food.
- + Fill 1/4 of the plate with a starchy vegetable or whole grain serving.

You can also include a serving of fruit and/or dairy.

#MetMyPlate photo contest

Fix yourself a meal following the MyPlate portions. Take a picture of your plate and post it to Instagram or Twitter, and hashtag **#MetMyPlate**. Enjoy your meal! Submit your entry by March 31, 2020!

Here are some delicious meal ideas. You can mix and match to create your own!



Greek Yogurt Breakfast



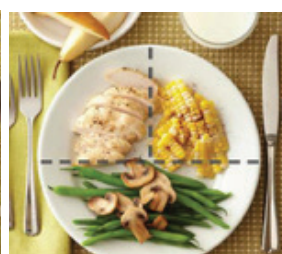
Fresh Tuna Salad and Mango



Pork Chop, Cornbread and Apples



Egg and Potato Breakfast



Simple Chicken Dinner

Photos courtesy of *Diabetic Living* magazine.