

Are your portions in proportion?

**$\frac{1}{4}$ = meat,
poultry,
or seafood**

**$\frac{1}{2}$ =
vegetables
and fruits**

**$\frac{1}{4}$ = breads,
pasta,
or rice**

**This Healthy Weight Awareness
message is brought to you by:**



Healthy Maine Partnerships

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention