

Mission In Motion

Health & Wellness
Tip of the Week
Week 52



December 23, 2013

Observe the three-fourths plate rule—that's how much of the food on your dinner plate should be grains, vegetables, legumes and fruit. The remaining one-fourth is for meat, chicken or fish. This rule of thumb will help you get a good mix of nutrients, control portion sizes and cut down on fat.

Source: University of California, Berkeley Wellness Letter

**Human Resources Dept.
1201 E. 8th Street
Mission, TX 78572
956-580-8630**

