Assemble your meal according to the plate model

One quarter of a plate of some source of carbohydrates such as:

- Noodles, pasta, macaroni
- Potato, sweet potato
- Barley or oats
- Rice
- Couscous or quinoa

Half a plate of vegetables such as:

- Carrots, tomatoes, cucumbers or bell peppers as they are
- Coleslaw, pickled beetroot
- Frozen vegetables
- Fruit, canned fruit or berries for dessert

One quarter of a plate of some source of protein such as:

- Fish
- Legumes
- Plant protein products
- Eggs
- Cottage cheese
- Chicken
- Meat

The meal may also contain the following:

- Whole grain bread
- Vegetable oil spread
- Oil-based salad dressing
- Nuts, seeds
- A beverage

The plate model can be applied to various types of meals.

Updated 11/2025

The Wellbeing Services County of Pirkanmaa

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Funded by the European Union
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