



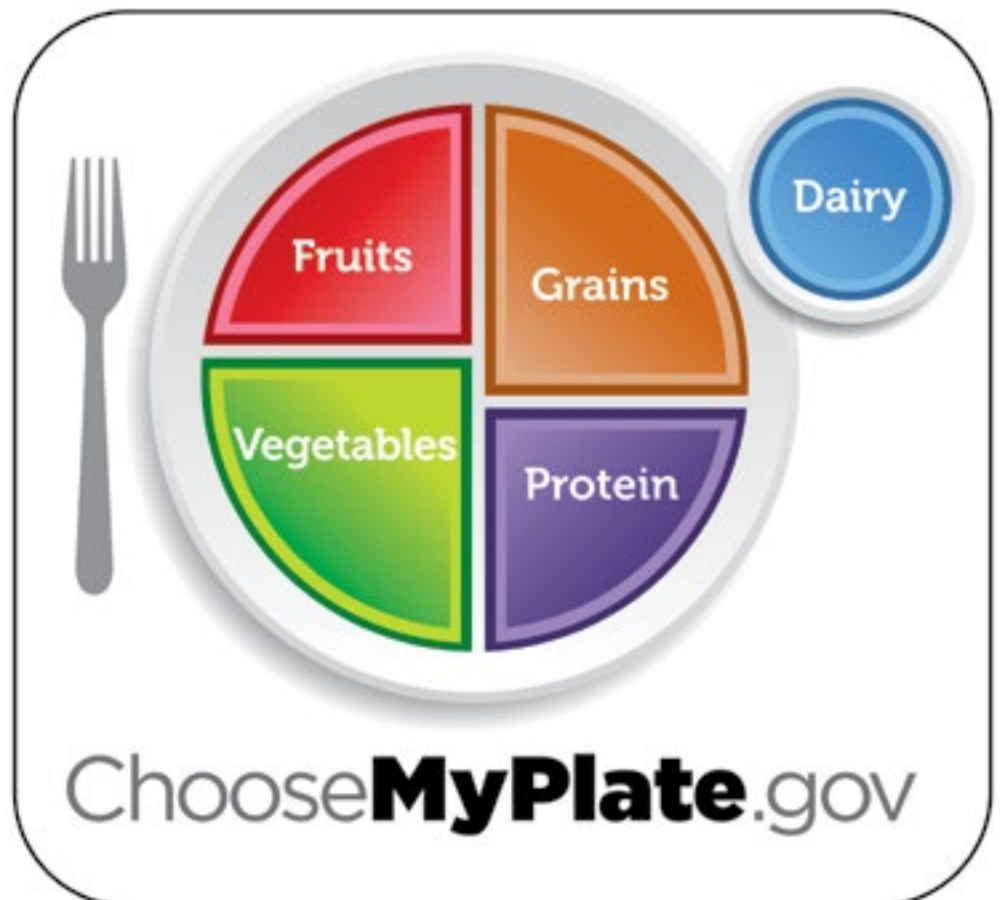
# Building Healthy Meals

## Try these simple tips to build healthy meals

- Eat grains (mostly whole grains) or beans at every meal.
- Enjoy fruits or vegetables at each meal and as snacks during the day.
- Include high-protein foods at each meal. Beans, nuts, quinoa, tofu and other soy products are nutritious choices that can replace some or all of the animal protein at meals. If choosing animal products, try to include omega-3 rich fatty fish (such as salmon) at least twice a week. Choose leaner meats, eat poultry without the skin, and limit meat and poultry to 6 ounces or less daily.
- Include calcium-rich foods daily, such as nonfat or lowfat milk, fortified soy, rice, or almond milk, nonfat plain or no sugar added yogurt, soy yogurt, lowfat or nonfat cheese, leafy greens, tofu, or calcium-fortified juices.
- Eat less saturated fat and avoid trans fat (from animal products, processed foods, and fast food). In moderation, use monounsaturated fat such as olive or canola oil for cooking and on salads.
- Small amounts of avocado, nuts, and seeds are acceptable, as they also contain heart-healthy fats.
- If you prefer the full-fat versions of dairy and other products, be sure to limit your portion size.
- Eat breakfast. Don't skip meals.
- If you drink juice, limit your daily intake to 4-6 oz. of 100% juice.
- Use "My Plate" to plan your meals.

### My Plate

For more information about healthy eating, visit [choosemyplate.gov](http://choosemyplate.gov).



## Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below and follow the tips on the other side. Use these ideas to build healthy, tasty, lower-fat meals. Or create your favorite combinations!

<i>Breakfast</i>		<i>Lunch and Dinner</i> Add 1 cup nonfat or 1% milk to each meal.	
<ul style="list-style-type: none"> <li>• small whole wheat bagel with almond butter or nonfat cream cheese</li> <li>• 1 cup diced melon</li> <li>• 1 cup nonfat or “light” yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 scrambled egg or scrambled soft tofu (cooked with 1 tsp. canola or olive oil)</li> <li>• 1 whole wheat English muffin</li> <li>• 1 tsp. trans-fat-free margarine</li> <li>• 1 small peach, orange, or nectarine</li> <li>• 1 cup milk (nonfat, 1%, or soy)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. tuna or turkey sandwich on whole wheat bread with 1-2 tsp. mayonnaise or 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion</li> <li>• carrots or broccoli</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. broiled or baked fish or 1 cup diced extra firm tofu (sautéed with 1 tsp. olive oil and garlic)</li> <li>• tossed salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing</li> <li>• 1 cup quinoa, yam, or whole grain pasta</li> <li>• steamed vegetables tossed with 1-2 Tbsp. slivered almonds</li> </ul>
<ul style="list-style-type: none"> <li>• 1 oz. whole grain cereal</li> <li>• 1/2 banana</li> <li>• 1 slice whole wheat toast</li> <li>• 1 tsp. trans-fat-free margarine</li> <li>• 1-2 Tbsp. walnuts</li> <li>• 1 cup milk (nonfat, 1%, or soy)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• 2 Tbsp. “natural” peanut butter</li> <li>• 1 cup milk (nonfat, 1%, or soy)</li> <li>• 1 small apple</li> </ul>	<ul style="list-style-type: none"> <li>• 3-4 oz. lean hamburger or veggie (bean, lentil, soy) burger on whole wheat bun</li> <li>• garden salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing</li> <li>• diced peaches or pear</li> </ul>	<ul style="list-style-type: none"> <li>• vegetarian chili</li> <li>• side salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. low-fat or nonfat dressing</li> <li>• 1/3 cantaloupe</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup soy yogurt, or nonfat no sugar added yogurt, mixed with 2 Tbsp. raisins or 1/2 cup diced fruit</li> <li>• 1 small bran muffin</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup brown rice</li> <li>• 1 poached or boiled egg (optional)</li> <li>• 1 cup vegetables</li> <li>• 1/2 cup diced mango</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup canned black bean soup (lower sodium)</li> <li>• whole grain crackers</li> <li>• 1 apple</li> </ul>	<p>Chinese cuisine:</p> <ul style="list-style-type: none"> <li>• 1 cup brown rice</li> <li>• 1 cup broccoli chicken, beef, or tofu</li> <li>• 1 cup hot-and-sour soup</li> </ul>
<ul style="list-style-type: none"> <li>• 2 small whole grain pancakes</li> <li>• 1 cup berries</li> <li>• 1 cup milk (nonfat, 1%, or soy)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup oatmeal with 2 Tbsp. raisins or dried fruit</li> <li>• 1 cup milk (nonfat, 1%, or soy)</li> <li>• 1 Tbsp. slivered almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 1 low-fat, low-sodium frozen entree or vegetarian entree</li> <li>• green salad with fresh vegetables, olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or low-fat dressing</li> <li>• 1 plum</li> </ul>	<p>Indian cuisine:</p> <ul style="list-style-type: none"> <li>• 3 oz. Tandoori chicken or 1 cup lentils or beans (dal)</li> <li>• 1/2-1 cup steamed rice</li> <li>• 1/2 cup Raita (cucumber and yogurt)</li> <li>• steamed broccoli</li> </ul>
<i>Snacks</i>			
<ul style="list-style-type: none"> <li>• 1 cup nonfat plain, soy, or “light” yogurt or low-fat or nonfat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• raw vegetables with nonfat salad dressing or hummus</li> </ul>	<ul style="list-style-type: none"> <li>• 2-3 oz. skinless baked or grilled chicken or 1/2-1 cup black-eyed peas</li> <li>• 1 cup steamed greens with a dash of hot sauce</li> <li>• 1/2 cup brown rice</li> <li>• small slice low-fat cornbread</li> <li>• 1 fresh fruit</li> </ul>	<p>Mexican cuisine:</p> <ul style="list-style-type: none"> <li>• 2 bean tacos made with 2 corn tortillas, 1/2 cup whole beans, 1 1/2 oz reduced fat cheese (optional), salsa, and shredded lettuce or cabbage</li> <li>• diced mango</li> </ul>
<ul style="list-style-type: none"> <li>• 2 Tbsp. dried fruit or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• medium apple with 1-2 Tbsp. natural peanut butter</li> </ul>		
<ul style="list-style-type: none"> <li>• fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 3 large rye wafer crackers</li> <li>• 1 1/2 oz. reduced fat cheese</li> </ul>		
<ul style="list-style-type: none"> <li>• 3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• fresh vegetables</li> </ul>		

### Healthy meals start at the store. Use this shopping list to help you prepare:

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>✓ Fruits – fresh, frozen, canned in their own juice, or dried</li> <li>✓ Nonfat or 1% milk, or fortified soy, rice, or almond milk</li> <li>✓ Nonfat, soy, or low-sugar “light” yogurt</li> <li>✓ Lowfat cottage cheese or cream cheese</li> <li>✓ Reduced fat cheese</li> <li>✓ Nonfat or olive oil-based salad dressing</li> <li>✓ Olive or canola oil</li> <li>✓ Quinoa (pronounced “keen-wah”)</li> </ul> | <ul style="list-style-type: none"> <li>✓ Vegetables – fresh, frozen or low-sodium canned</li> <li>✓ Whole beans (canned or dried)</li> <li>✓ Hummus</li> <li>✓ Tofu</li> <li>✓ Lean pork or beef</li> <li>✓ Salmon, tuna, or other fish</li> <li>✓ Chicken or turkey without skin</li> <li>✓ Egg or egg substitute</li> <li>✓ Unsalted nuts or seeds</li> <li>✓ Natural peanut or other nut butter</li> </ul> | <ul style="list-style-type: none"> <li>✓ 100% whole wheat or whole grain bread/rolls/bagels</li> <li>✓ Rye wafer or whole wheat crackers</li> <li>✓ Brown rice or whole wheat pasta</li> <li>✓ Whole grain cereal</li> <li>✓ Whole grains (bulgur, whole cornmeal, hulled barley, whole wheat couscous)</li> <li>✓ Tortillas (corn or whole wheat)</li> </ul> |
|--|---|---|

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.