

Preparing Balanced Meals

All meals are important as they provide nourishment throughout the day. Creating balanced meals with a variety of these 5 components will ensure prolonged energy and enjoyment at mealtime. "Enjoy your meals. Take time to relax and enjoy the other people at the table. It will all add up to good nutrition!"



01 PROTEIN SOURCE

- Beef, pork
- Poultry: chicken, turkey, or duck
- Fish, shellfish
- Milk, cheese
- Eggs (whole eggs or beaters)
- Nuts, beans, and peanut butter
- Beans

02 GRAINS OR STARCHY FOODS

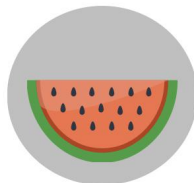
- Bread and pastas
- Tortillas
- Biscuits and bagels
- Rice and beans
- Corn, squash
- Yams and potatoes



Grains or starchy foods contain carbohydrates in which your body needs for energy. Carbohydrates are also essential for keeping you sustained and full for longer periods of time.

03 FRUIT AND/OR VEGETABLE

Whole fruits contain fiber



AND
OR



Prepare vegetables in a salad or stir fry

Note Frozen, canned or fresh fruits and vegetables are good options too. Choose canned fruits in 100% juice and fruits juices that are not from concentrate.

04 MILK / DAIRY



NON FAT AND 1% FAT DAIRY

- Counts as a protein and carbohydrate option
- Lower in calories
- A good option if taste is preferred

VS

2% FAT AND WHOLE FAT DAIRY

- Counts as a protein, carbohydrate and fat source
- Promotes fullness and long-term energy
- A good option if taste is preferred

05 FAT

Is essential for feeling full and satiety, and keeps you sustained the longest out of all the food groups.



- Whole milk and yogurt
- Avocado
- Mayonnaise
- Cream cheese
- Peanut butter, almond butter
- Butter/Margarine
- Salad dressings and vegetable dips
- Nuts and seeds
- Olive, Canola, Sunflower, Peanut, Sesame and Coconut oil