

Building a Healthy Meal

Building a healthy meal does not have to be complicated or require a lot of thought. Eating healthy and building a healthy meal can be quick and simple. Just keep these things in mind.

- Pick from your main food groups
- Keep it simple
- Season with herbs and spices rather than heavy sauces and extra salt
- Choose variety (color, textures, food groups etc.)
- Fresh, frozen or canned are all options in a healthy meal. If using canned vegetables be sure to rinse them to reduce sodium.

 Lean Protein	 Vegetables	 Whole Grains	 Fruit	 Dairy
<i>Choose one</i>	<i>Choose one or two</i>	<i>Choose one</i>	<i>Choose one</i>	<i>Choose one</i>
Chicken	Bell Peppers	Whole grain bread	Apples	Milk
Turkey	Green Beans	Whole grain tortilla	Oranges	Yogurt
Lean Beef	Leafy Greens (Varietal lettuce, Spinach or Kale)	Whole grain English muffin	Bananas	Cheese
Pork	Tomatoes	Brown rice	Grapes	Make sure to choose a lower fat option and use cheese sparingly.
Fish	Peas	Whole grain pasta	Pears	
Eggs	Corn	Quinoa	Berries	
Black Beans	Cucumbers	Couscous	Pineapple	
Hummus	Squash	Oatmeal	Variety of Melon	
Chickpeas	Zucchini		Fruit juice look for 100% juice.	
Kidney Beans	Eggplant		Frozen works great too!	
Tofu	Carrots			
Other Beans or Legumes	Parsnips			
	Sweet Potatoes			
	Fresh, Frozen or Canned work great.			
	If using canned make sure to rinse.			

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You can use this chart to help put together some ideas for example:

- Grilled chicken breast with steamed green beans whole grain rice baked sweet potato and red grapes. Add in some low-fat yogurt as a dessert.
- Roasted red pepper hummus sandwich on whole grain English muffin with leaf lettuce, cucumber, tomato and bell peppers. Side of orange slices and low-fat milk (substitute milk alternative if needed).
- Lean ground beef with fresh marinara over whole grain pasta. Side salad with leafy mixed greens, cucumber, carrot and apple slices. Top pasta and salad with grated parmesan.
- Red beans and rice with roasted sweet potatoes mixed fruit (berries and melons) and low-fat milk or yogurt for dessert.
- Try a smoothie! Frozen mixed berries, banana, avocado, spinach, yogurt (try coconut yogurt for a different spin) add in some protein powder or peanut butter. Then add your liquid (milk, fruit juice, almond milk, coconut milk, or water). Smoothies are a great way to get your vegetables in!
- Scrambled eggs with bell peppers and zucchini. Add a little cheddar cheese and whole wheat toast. Serve with a side of fruit and low-fat milk.
- Oatmeal with peanut butter and raisins, low-fat yogurt and fruit juice.