

Healthy Food Tips to Balance Your Day

Meal Pattern

Include both complex carbohydrates and protein sources with each meal, and possibly each snack.

Frequent meals and snacks throughout the day can help avoid the highs and lows in energy. Aim to consume 3 meals with at least 2-3 snacks per day.

Complex Carbohydrate Sources (with ≥ 3 g of fiber/serving)

Moderate portions of "starchy" foods

- Whole grain breads and cereals
- Cooked grains
- Pasta
- Legumes
- Oatmeal
- Brown rice
- Whole-wheat spaghetti
- Barley
- Beans
- Lentils
- Bagels
- Popcorn

High amounts of fruits & vegetables

You need 2-3 fruits and 3-5 vegetables each day. That is a total of 5-8 fruits and vegetables each day

- Whole fruits and veggies
- Fruit smoothies
- Soups
- Salads

Protein Sources

Choose a variety of protein sources to obtain a variety of nutrients

- Lean cuts of meat, fish, poultry (i.e. chicken breast, tuna) remove skin & visible fat
- Vegetarian protein sources (i.e. tofu, soymilk, beans, Gardenburgers, & Boca Burgers)
- Low-fat dairy products (nonfat/1% milk, mozzarella cheese, yogurt, & cottage cheese)
- Eggs (limit yolks and add extra egg whites)

***Limit white flours (i.e. white breads), cakes, cookies, croissants, muffins, potato chips, high-fat crackers, etc.
They are only a source of "empty calories" since they are low in nutrients.***

Other tips when making food choices

1. Use low-fat dressings & sauces
 limit all white/creamy sauces and salad dressings
2. Cooking methods
 grill, steam, bake, roast (limit fried)
3. Be selective at fast food restaurants.
 Order a grilled chicken sandwich, hamburger or cheeseburger instead of deluxe burgers
 Avoid super-sizing
 Order a side salad or cup of vegetable soup instead of French fries

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