

## 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

*Choose one*

Chicken  
Turkey  
Lean Beef  
Pork  
Fish  
Eggs  
Black Beans  
Hummus  
Chickpeas  
Kidney Beans  
Tofu  
Other Beans or Legumes



### Vegetables

*Choose one or two*

Bell Peppers  
Green Beans  
Leafy Greens (Varietal lettuce, Spinach or Kale)  
Tomatoes  
Peas  
Corn  
Cucumbers  
Squash  
Zucchini  
Eggplant  
Carrots  
Parsnips  
Sweet Potatoes  
Fresh, Frozen or Canned work great.  
If using canned make sure to rinse.



### Whole Grains

*Choose one*

Whole grain bread  
Whole grain tortilla  
Whole grain English muffin  
Brown rice  
Whole grain pasta  
Quinoa  
Couscous  
Oatmeal



### Fruit

*Choose one*

Apples  
Oranges  
Bananas  
Grapes  
Pears  
Berries  
Pineapple  
Variety of Melon  
Fruit juice look for 100% juice.  
Frozen works great too!



### Dairy

*Choose one*

Milk  
Yogurt  
Cheese  
Make sure to choose a lower fat option and use cheese sparingly.

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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.