



Building Healthy Meals

Try these simple tips to build healthy, lower fat meals

- Eat grains (especially whole grains) or beans at every meal.
- Enjoy a fruit or vegetable at each meal, and as snacks during the day.
- Include high protein foods at most meals. Limit meat and poultry to 4 to 6 ounces per day. Limit egg yolks to four per week. Choose leaner meats, eat poultry without the skin, and try to eat fish (not fried) at least twice a week. Beans, nuts, tofu, or other soy products

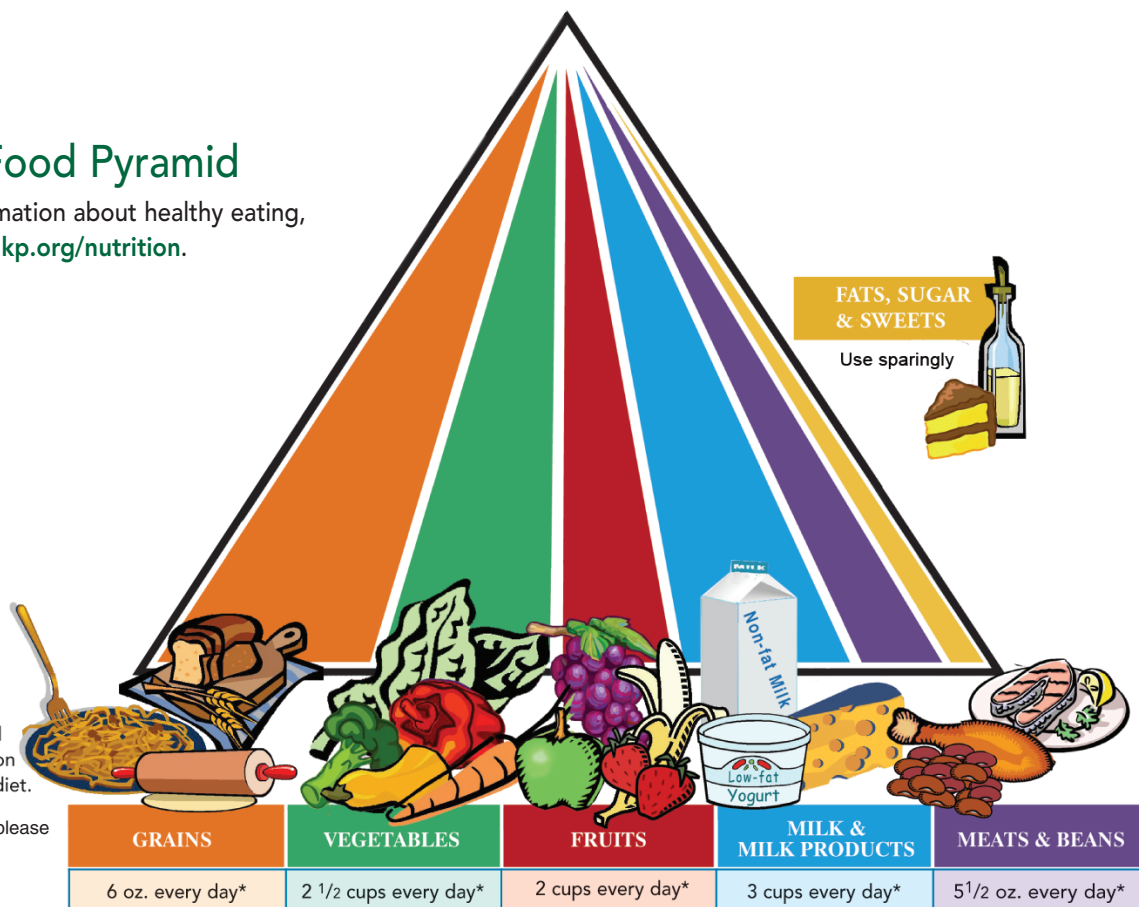
are also nutritious vegetarian protein choices.

- Include high calcium foods daily such as nonfat or lowfat milk, non-fat, no sugar added (light) yogurt, lowfat or nonfat cheese, or lowfat soy milk.
- Eat less fat overall. 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. Include foods high in Omega-3 fatty acids (fatty fish).

- If you prefer the full-fat versions of dairy and other products, be sure to cut down on the amount (or portion size) you use.
- Eat breakfast. Don't skip meals.
- Use the food pyramid to plan your meals. See the food pyramid below for daily recommended amounts based on a 2,000 calorie a day diet.
- In general, women and those who want to lose weight need smaller amounts; men and active women may need larger amounts. Go to mypyramid.gov to create a personal food pyramid.

The Food Pyramid

For more information about healthy eating, visit kp.org/nutrition.



* These recommended amounts are based on a 2,000 calorie/day diet.

For more information, please visit MyPyramid.gov.

Adapted from USDA MyPyramid.gov

Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list above and follow the tips on the other side. Use them to help you build healthy, lower fat meals that you will enjoy. 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"> • small whole wheat bagel with lowfat or nonfat cream cheese • 1 cup diced melon • 1 cup nonfat or “light” yogurt 	<ul style="list-style-type: none"> • 1 poached or boiled egg • 1 whole wheat English muffin • 1 tsp. trans-fat-free margarine • 1 orange, peach or nectarine • 1 cup milk (nonfat, 1%, or lowfat soy) 	<ul style="list-style-type: none"> • 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 • carrots or broccoli • 1 orange 	<ul style="list-style-type: none"> • 3 oz. broiled or baked fish • tossed salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or lowfat dressing • 1 cup steamed brown rice or potato, or 1 cup whole grain pasta • steamed vegetables tossed with 1-2 Tbsp. slivered almonds
<ul style="list-style-type: none"> • 1 oz. whole grain cereal • 1 banana • 1 slice whole wheat toast • 1 tsp. trans-fat-free margarine • 1 cup milk (nonfat, 1%, or lowfat soy) 	<ul style="list-style-type: none"> • 2 slices whole wheat bread • 2 Tbsp. “natural” peanut butter • 1 cup milk (nonfat, 1%, or lowfat soy) • 1 apple 	<ul style="list-style-type: none"> • 3-4 oz. lean hamburger on whole wheat bun • garden salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or lowfat dressing • diced peaches or pear 	<ul style="list-style-type: none"> • vegetarian chili • side salad with olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. lowfat or nonfat dressing • 1/3 cantaloupe
<ul style="list-style-type: none"> • 1 cup nonfat yogurt mixed with 2 Tbsp. raisins or 1/2 cup diced fruit • 1 small bran muffin 	<ul style="list-style-type: none"> • 1 cup brown rice • 1 poached or boiled egg • 1 cup vegetables 	<ul style="list-style-type: none"> • 1 cup canned black bean soup (low sodium) • whole grain crackers • 1 apple 	<p>Chinese cuisine:</p> <ul style="list-style-type: none"> • 1 cup brown rice • 1 cup broccoli chicken or beef • 1/2 cup hot-and-sour soup
<ul style="list-style-type: none"> • 2 whole grain pancakes • 1 cup berries • 1 cup milk (nonfat, 1%, or lowfat soy) 	<ul style="list-style-type: none"> • 1 cup oatmeal with 2 Tbsp. raisins or dried fruit • 1 cup milk (nonfat, 1%, or lowfat soy) 	<ul style="list-style-type: none"> • 1 lowfat, low-sodium frozen entree • green salad with fresh vegetables, olive oil (1-2 tsp.) and vinegar, or 1-2 Tbsp. nonfat or lowfat dressing • 1 plum 	<p>Indian cuisine:</p> <ul style="list-style-type: none"> • 3 oz. Tandoori chicken • 1 cup steamed rice • 1/2 cup Raita (cucumber and yogurt) • steamed broccoli
<i>Snacks</i>			
<ul style="list-style-type: none"> • 1 cup nonfat plain or “light” yogurt or lowfat or nonfat cottage cheese 	<ul style="list-style-type: none"> • raw vegetables with nonfat salad dressing or hummus 	<ul style="list-style-type: none"> • 3 oz. skinless baked or grilled chicken • 1 cup steamed greens with a dash of hot sauce • 1/2 cup brown rice • small slice lowfat cornbread • 1 fresh fruit 	<p>Mexican cuisine:</p> <ul style="list-style-type: none"> • 2 bean tacos made with 2 corn tortillas, 1/2 cup whole beans, 1 1/2 oz reduced fat cheese, salsa, and shredded lettuce or cabbage • diced mango
<ul style="list-style-type: none"> • 2 Tbsp. dried fruit or nuts 	<ul style="list-style-type: none"> • medium apple with 1-2 Tbsp. natural peanut butter 		
<ul style="list-style-type: none"> • fresh fruit 	<ul style="list-style-type: none"> • 3 large rye wafer crackers • 1 1/2 oz. reduced fat cheese 		
<ul style="list-style-type: none"> • 3 cups air-popped or light microwave popcorn 	<ul style="list-style-type: none"> • fresh vegetables 		

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

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