

How to Make a Healthy Meal



Step One:

Choose **one** from each category

Carb

- Butternut squash
- Quinoa
- Barley
- Sweet potato
- Potatoes
- Corn
- Peas
- Brown rice
- 100% whole wheat pasta
- 100% whole wheat bread

Vegetable

- Carrots
- Spinach
- Zucchini
- Brussel sprouts
- Peppers
- Onions
- Tomatoes
- Broccoli
- Cabbage
- Asparagus
- Salad

Protein

- Beans
- Chicken
- Turkey
- Beef (lean)
- Pork (loin)
- Lentils
- Whitefish
- Salmon
- Shrimp
- Scallops
- Tuna

Fat & Oil

- Avocado
- Olive oil
- Canola oil
- Flaxseed oil
- Plant-based butter
- Nut butters
- Walnuts
- Peanuts
- Almonds

Step Two:

Pick your portion size*

Vegetable



1 cup

Protein



3 oz

Carb



1/2 cup

Fat & Oil



1 tbsp

**You may need to adjust your portions up or down, depending on your sex, age, activity level, weight goals, or if you have a special diet.*

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Healthy Eating Guidelines with MyPlate

Fill half your plate with fruits and vegetables

Eating colorful fruits and vegetables is important because they are low calorie while also providing vitamins and minerals.

Vary your protein routine

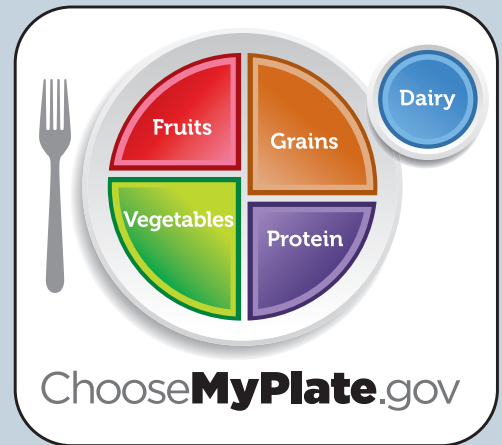
Try main dishes made with beans or fish like tuna salad or bean chili.

Choose low-fat or fat-free milk or yogurt

Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

Drink water instead of sugary drinks

Water is calorie-free. Soda, energy drinks, and sports drinks contain a lot of calories from added sugars and have few nutrients.



Visit www.ChooseMyPlate.gov to learn more about building a healthy eating style.

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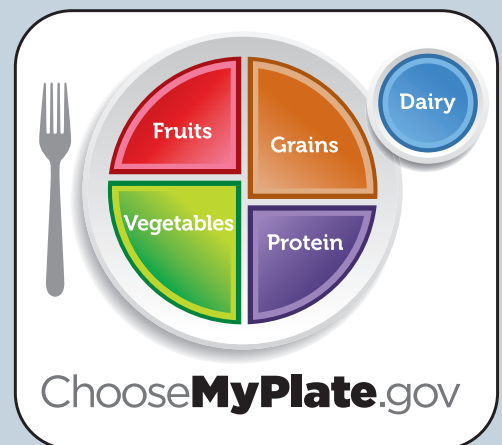
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