







Building Balanced Meals and Snacks: Create Your Own!

GRAINS	DAIRY	PROTEINS	FATS	FRUITS	VEGETABLES
<p>Oatmeal, Cereal, Whole-Grain Bread, English Muffin, Brown Rice, Barley, Wheat Pita, Pasta, Quinoa, Potato, Wheat Crackers, Popcorn, Granola Bar</p> 	<p>Milk, Cheese, Yogurt, Cottage Cheese, Kefir, Frozen Yogurt, Pudding, Ice-Cream</p> <p><i>Dairy Alternatives:</i> Soy Milk, Yogurt, or Ice-Cream</p> 	<p>Chicken, Turkey, Beef, Pork, Cod, Tuna, Salmon, Shrimp, Eggs, Beans, Lentils, Chickpeas, Edamame, Tofu, Tempeh, Hummus, Falafel, Nuts</p> 	<p>Nuts, Nut Butters, Seeds, Avocado, Guacamole, Olive Oil, Canola Oil, Pesto, Salad Dressing, Butter, Cream Cheese, Mayo, Whole-Fat Dairy</p> 	<p>Apple, Banana, Blueberries, Cantaloupe, Grapefruit, Honeydew Melon, Orange, Pear, Peach, Strawberries, Watermelon</p> 	<p>Asparagus, Bell Peppers, Broccoli, Carrots, Cauliflower, Cucumber, Eggplant, Green Beans, Onions, Spinach, Snap Peas, Tomato</p> 

The list above includes some of foods that fit into each food group, however this is *not* a complete list. With the help of your nutritionist, you can create meal and snack ideas with a combination of food groups based on your food preferences and nutrition needs.

My Meal and Snack Ideas:

BREAKFAST	LUNCH	DINNER	SNACKS

Examples of Balanced Meals & Snacks

BREAKFASTS:

Grain + Dairy or Protein + Fat + Fruit

Oatmeal + Milk + Chopped Walnuts + Berries

Whole Grain Toast + Yogurt + Peanut Butter + Banana

Cereal + Yogurt + Chopped Almonds + Sliced Melon

Egg Sandwich (English Muffin + Scrambled Eggs + Cheese) + Orange



LUNCHES:

Grain + Protein + Dairy + Fat + Fruit + Vegetable

Sandwich (with Turkey + Cheese + Veggies) + Pear + Milk

Pita (with Hummus + Cheese + Avocado + Veggies) + Peach

Salad (with Chicken + Cheese + Dressing + Veggies + Croutons) + Yogurt

Cheese Pizza (with Ham or Chicken) + Salad with Dressing



DINNERS:

Grain + Protein + Dairy + Fat + Vegetable

Wheat Pasta + Chicken + Pesto Sauce + Sautéed Spinach + Milk

Bun + Bean Burger + Cheese + Lettuce/Tomato + Milk

Brown Rice + Salmon + Roasted Cauliflower + Milk

Burrito (Tortilla + Beans + Cheese + Guacamole + Veggies)



SNACKS:

Two food groups (max of 1 fruit or 1 vegetable)

Banana + Nutella®

Fruit Smoothie (Fruit + Yogurt + Milk)

Trail Mix (Dried Fruit + Nuts)

Cheese Stick + Apple

Whole Grain Crackers + Hummus

Carrots + Ranch

Where Do Fun Foods Fit In?

Fun foods are foods that you may enjoy eating or foods commonly served in social settings. They may not fit perfectly into a food group. Your nutritionist will work with you to add fun foods to your meals and snacks in a way that feels right for you.

Here are some examples of fun foods:
Chips, fries, onion rings, pizza, burger, donut, croissant, cookie, brownie, ice cream, cake, chocolate, candy, soda, milkshake, jam, syrup, honey, mayonnaise, etc.