







Building Nutrient-Dense Meals & Snacks: Create Your Own!

GRAINS	DAIRY	PROTEINS	FATS	FRUITS	VEGETABLES
Oatmeal, Cereal, Granola, Muffin, Bagel, Scone, Multi-Grain Bread, Wrap, Brown Rice, Pasta, Quinoa, Potato, Crackers, Granola Bar	Milk, Cheese, Yogurt, Frozen Yogurt, Pudding, Ice-Cream <i>Dairy Alternatives:</i> Soy Milk & Yogurt, Coconut Milk Ice-Cream	Chicken, Turkey, Beef, Pork, Cod, Tuna, Salmon, Shrimp, Eggs, Beans, Lentils, Chickpeas, Edamame, Tofu, Tempeh, Hummus, Falafel, Nuts	Nuts, Nut Butters, Seeds, Avocado, Guacamole, Olive Oil, Canola Oil, Pesto, Salad Dressing, Butter, Cream Cheese, Mayo, Whole-Fat Dairy	Apple, Applesauce, Banana, Mango, Grapes, Orange, Pear, Pineapple, Peach, Strawberries, Dried Fruit, Fruit Juice	Asparagus, Bell Peppers, Broccoli, Carrots, Cauliflower, Cucumber, Eggplant, Green Beans, Onions, Spinach, Snap Peas, Tomato
					

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 Nutrient-Dense Meals & Snacks

BREAKFASTS:

Grain + Dairy + Protein + Fat + Fruit

Oatmeal + Milk + Chopped Almonds + Dried Cranberries

Multigrain Bagel + Yogurt + Peanut Butter + Banana

Granola + Yogurt + Chopped Walnuts + Berries

Egg Sandwich (Toast + Scrambled Eggs + Cheese) + Orange Juice



LUNCHES:

Grain + Protein + Dairy + Fat + Fruit + Vegetable

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

Wrap (with Hummus + Cheese + Avocado + Veggies) + Apple Juice

Salad (Chicken + Cheese + Dressing + Veggies) + Pita + Yogurt

Cheese Pizza (with Ham or Pepperoni) + Milk + Carrots + Ranch



DINNERS:

Grain + Protein + Dairy + Fat + Vegetable

Pasta + Chicken + Pesto Sauce + Sautéed Spinach + Milk

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

Quinoa + Salmon + Roasted Cauliflower + Milk

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



SNACKS:

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

Smoothie (Fruit + Yogurt + Milk + Nuts)

Pita Chips + Hummus

Yogurt + Granola Bar

Banana + Nutella®

Trail Mix (Dried Fruit + Nuts)

Peanut Butter Cracker Sandwiches

Where Do Fun Foods Fit In?

Fun foods may not fit perfectly into a food group but they are foods that you may have enjoyed in the past or eaten in social situations. Your nutritionist will work with you to gradually add fun foods into your meals and snacks when you are in the right stage of your recovery.

Here are some examples:

Chips, fries, onion rings, pizza, burger, donut, croissant, cookie, brownie, ice cream, cake, chocolate, soda, candy, jam or jelly, honey, mayonnaise, etc.