

How to Plan Healthy Meals & Snacks

Protein + Fruit/Veggies + Starch + Fat

- Eggs
- Nuts
- Peanut butter
- Tuna/Salmon/
- Shrimp/other fish
- Tofu/Tempeh
- Beans (including bean dips & hummus)
- Lean red meat
- Chicken
- Yogurt
- Cheese
- Milk

Aim for a variety of colors throughout your day and week:

- Leafy greens
- Carrots
- Tomatoes
- Peppers
- Asparagus
- Winter squash
- Beets
- Onions, garlic
- Avocados
- Berries
- Apples, pears
- Oranges
- Melon

Whole grains, “processed whole-grains” & starchy vegetables

- Brown rice
- Quinoa
- 100% whole-wheat bread and crackers
- Oatmeal
- Potatoes
- Sweet potatoes
- Corn
- 100% whole-grain cereals (bran flakes, Cheerios)

Healthy fats help food feel satisfying and taste good. Often they’re part of other groups:

- Avocado
- Nuts
- Cheese (limit this)
- Olive oil
- Coconut oil
- Canola oil