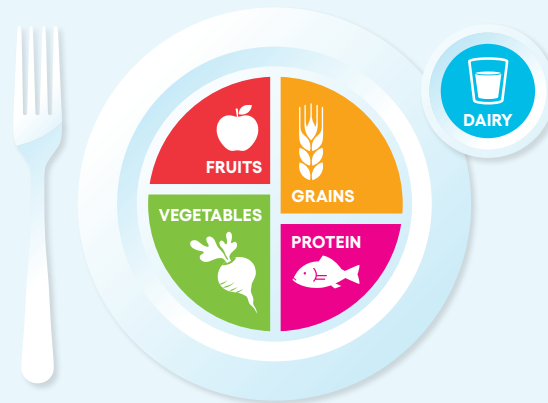


Healthy Meal Planning Guide

Tips to Help You Build Healthy Meals

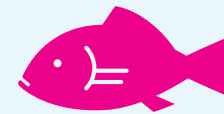


Welcome to the

Healthy Meal Planning Guide

**Eating healthy food is one of the best ways to improve your health.
This guide has been created for you because you are the key to healthy eating.**

This guide is based on the USDA MyPlate guide (www.ChooseMyPlate.gov).
The foods are listed by food group:



VEGETABLES

FRUITS

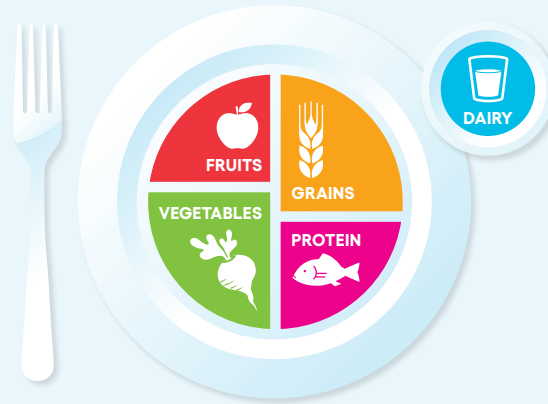
GRAINS

PROTEIN

DAIRY

**Before you eat, think about what goes on your plate or in your cup or bowl.
Try some of these options:**

- Make half your plate fruits and vegetables
- Make at least half your grains whole
- Switch to skim or 1% milk
- Vary your protein food choices
- Use food labels to help you make better choices



VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
<ul style="list-style-type: none"> • Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. • Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish. • Fresh, frozen, and canned vegetable all count. Choose “reduced sodium” or “no-salt-added” canned veggies. 	<ul style="list-style-type: none"> • Eat fruits as snacks, in salads, and as dessert. • At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes. • Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits. • Select 100% fruit juice when choosing juices. 	<ul style="list-style-type: none"> • Substitute whole grain choices for refined grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta. • Check the ingredients listed on product labels for the words “whole” or “whole grain” before the name of the grain ingredient. • Look for grain products that list a whole grain as the first ingredient. 	<ul style="list-style-type: none"> • Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts, as well as lean meats, poultry, and eggs. • Twice a week, make seafood the protein on your plate. • Choose lean meats and ground beef that are at least 90% lean. • Trim or drain fat from meat and remove skin from poultry to cut fat and calories. 	<ul style="list-style-type: none"> • Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. • Top fruit salads and baked potatoes with low-fat yogurt. • If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).

**For a 2,000-calorie daily food plan, choose the amounts below from each food group.
To find amounts personalized for you, visit www.ChooseMyPlate.gov.**

VEGETABLES	FRUITS	GRAINS	PROTEIN	DAIRY
<p>Eat 2½ cups every day</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> • 1 cup of raw or cooked vegetables or vegetable juice • 2 cups of leafy salad greens 	<p>Eat 2 cups every day</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> • 1 cup of raw or cooked fruit or 100% fruit juice • ½ cup dried fruit 	<p>Eat 6 ounces every day</p> <p>What counts as an ounce?</p> <ul style="list-style-type: none"> • 1 slice of bread • ½ cup of cooked rice, cereal, or pasta • 1 ounce of ready-to-eat cereal 	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce?</p> <ul style="list-style-type: none"> • 1 ounce of lean meat, poultry, or fish • 1 egg • 1 tablespoon peanut butter • ½ ounce nuts or seeds • ¼ cup beans or peas 	<p>Eat 3 cups every day</p> <p>What counts as a cup?</p> <ul style="list-style-type: none"> • 1 cup of milk, yogurt, or fortified soymilk • 1½ ounces natural or 2 ounces processed cheese

Your nurse or health care provider can help you select and create your own meal plan based on your individual nutritional needs. Sample meals are available at the back of this guide.

Eat the right amount of calories for you. Everyone has a personal calorie limit. Staying within yours can help you reach or maintain a healthy weight. To determine if you are at a healthy weight, underweight, overweight, or obese, ask your health care provider or use

www.ChooseMyPlate.gov to find out your current weight status. This will help you and your health care provider decide the right amount of calories for you.

Also try to be physically active every day. Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Good luck and healthy eating from VNS Health!



Make Half Your Plate Fruits and Vegetables



Mushrooms



Broccoli



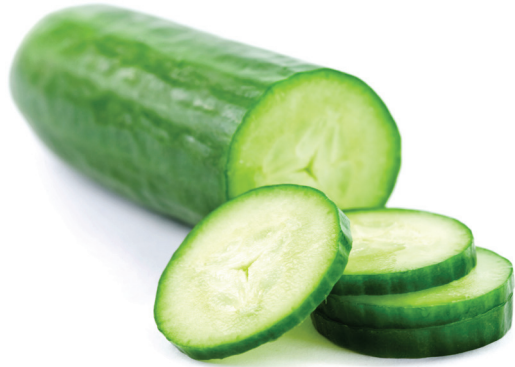
Asparagus



Squash



Eat **2½ cups of vegetables** every day based on a 2,000-calorie daily food plan. For what counts as a cup of vegetables, see page 3.



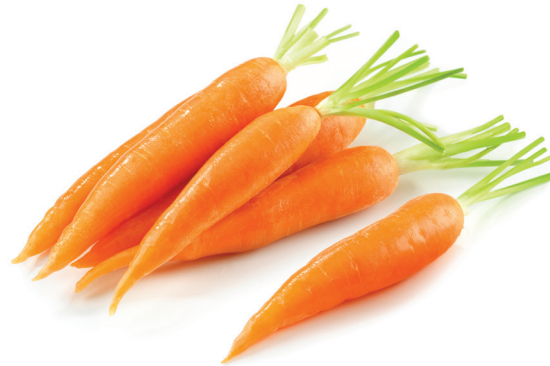
Cucumber



Onion



Tomatoes



Carrots

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn*
- Cucumber
- Green Beans
- Mushrooms
- Onion
- Peas*
- Peppers
- Potatoes*
- Romaine Lettuce
- Spinach
- Squash
- Tomatoes
- Turnips
- Zucchini

* Limit the amount you have of these starchy vegetables.



Make Half Your Plate Fruits and Vegetables



Strawberries



Oranges



Pineapple



Cantaloupe



Eat **2 cups of fruit** every day based on a 2,000-calorie daily food plan. For what counts as a cup of vegetables, see page 3.



Banana



Apple



Plum



Grapes

Apples

Banana

Blueberries

Cantaloupe

Cherries

Grapefruit

Grapes

Honeydew

Lemon

Mango

Nectarines

Oranges

Papaya

Peaches

Pears

Pineapple

Plums

Raisins

Raspberries

Strawberries

Tangerines

Watermelon



Make At Least Half of Your Grains Whole



Oatmeal



Brown Rice



Corn Flakes



Pasta



Eat **6 ounces of grain** every day based on a 2,000-calorie daily food plan. For what counts as an ounce of grain, see page 3.



Popcorn



Tortillas



Bread



Crackers

Bagel

Barley

Bread

Buckwheat

Couscous

Crackers

Dry Cereal

Grits

Macaroni

Noodles

Oatmeal

Pancake

Pasta

Popcorn

Rice

Tortillas



Vary Your Protein Choices



Almonds



Hamburger



Grilled Chicken



Egg



Peanut Butter



Eat **5½ ounces of protein** every day based on a 2,000-calorie daily food plan. For what counts as an ounce of protein, see page 3.



Tuna Salad



Grilled Salmon



Beans

Almonds

Beans

Beef

Cashews

Chicken

Chickpeas

Egg

Fish

Ham

Peanuts

Peanut Butter

Pecans

Pork

Salmon

Scallops

Shrimp

Soy Beans

Tofu

Tuna

Turkey

Veal

Walnuts



Switch to Skim or 1% Milk



Milk



Cottage Cheese



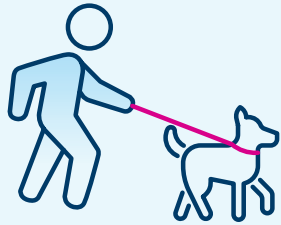
Low-fat Yogurt

- American Cheese
- Cheddar
- Cottage Cheese
- Cream Cheese
- Frozen Yogurt
- Ice Cream
- Milk
- Mozzarella
- Parmesan
- Ricotta
- Swiss Cheese
- Yogurt



Eat **3 cups of dairy** every day based on a 2,000-calorie daily food plan. For what counts as a cup of dairy, see page 3.

Physical Activity



Physical activity simply means movement of the body that uses energy. Walking, gardening, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate to vigorously intense. Physical activity is generally safe for everyone. The health benefits you gain from being active are far greater than the chances of getting hurt.

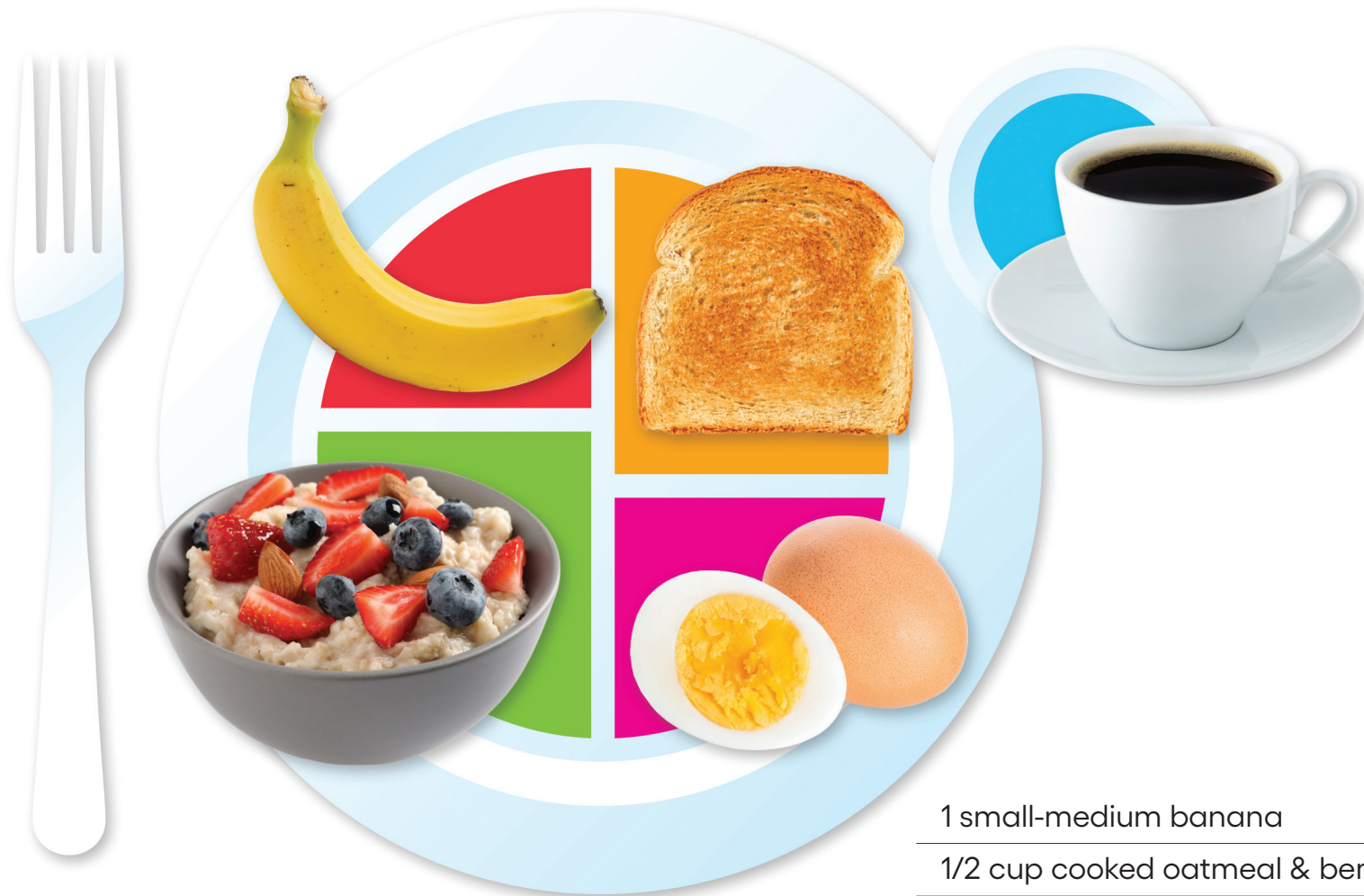
Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level. Spreading aerobic activity out over at least 3 days a week is best. Also, each activity should be done for at least 10 minutes at a time.

Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.



A Healthy Breakfast



- 1 small-medium banana
- 1/2 cup cooked oatmeal & berries
- 1 slice of whole grain bread
- 1 hard-cooked egg
- Coffee or tea (with milk)

A Nutritious Lunch

LUNCH



3 ounces grilled chicken breast

1/3 cup brown rice pilaf

1/2 cup green beans and onions

1 cup mixed fruit

1 cup skim or 1% milk

A Wholesome Dinner



- 3 ounces grilled salmon
- 1/2 cup whole grain couscous
- 1 cup vegetable salad
- 1 small-medium apple
- 1 cup skim or 1% milk



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