

Healthy Eating Guidelines

What can I add to my shopping list?

- _____ **Fruits** (Aim for 2-3 servings/day)
- _____ **Vegetables** (Aim for 3 or more servings/day)
- _____ **Beans** (Kidney, pinto, black, navy, lima, black-eyed peas, & chickpeas - in soups, salads, chili)
- _____ **Lentils** (Use in soups and salads)
- _____ **Oats and oatmeal** (Old Fashioned or steel cut oats)
- _____ **Whole grains** (Brown rice, wild rice, quinoa, millet, buckwheat, barley, farro, spelt, bulgur)
- _____ **Whole grain or Multi-grain breads and cereals** (aim for 3 grams of fiber/serving)
- _____ **Nuts and seeds** (Almonds, pecans, walnuts, pistachios, peanuts and sunflower seeds)
- _____ **Garlic and Onions** (Add to vegetables, salads, entrees, sauces)
- _____ **Chicken, turkey and lean meats** (Serving size about 3 – 4 oz)
- _____ **Fish and shellfish** (2 servings/week) Tuna, salmon, and sardines are high in Omega 3's
- _____ **Soy products** (Tofu, edamame, soybeans, soy nuts, soy milk, soy and veggie burgers)
- _____ **Low or non-fat milk & dairy products including yogurt & cheese** (Soy, Almond, or Rice)
- _____ **Olive or canola oil** (Use for cooking and salad dressings)
- _____ **Avocado** (Use in salads, to top sandwiches, to make guacamole)
- _____ **Dark chocolate** (1 small piece/day)
- _____ **Ground flax & Chia seeds** (Add to cereal, salads, yogurt, smoothies) Omega 3 & fiber
- _____ **Drink** mostly water, seltzer, coffee & tea (May add lemon, orange and/or cucumber slices)

Limit:

- _____ **Red Meats:** Lean, well-trimmed meat (round, sirloin, loin). Limit to 3oz, 2 times/week
- _____ **Processed Meats:** Bacon, corned beef, ham, hot dogs, pastrami, salami, sausage, etc.
- _____ **High fat and sugar foods:** Limit fried and fatty foods. Avoid sugary drinks.
- _____ **Limit high sodium foods:** check labels on processed and packaged foods.
- _____ **Alcohol:** One drink equals 12 ounces of beer, 5 ounces of wine, or 1½ ounces of liquor
Limit to one drink/day (limit to 2-3 times/week) or as recommended by your physician

Snack Ideas:

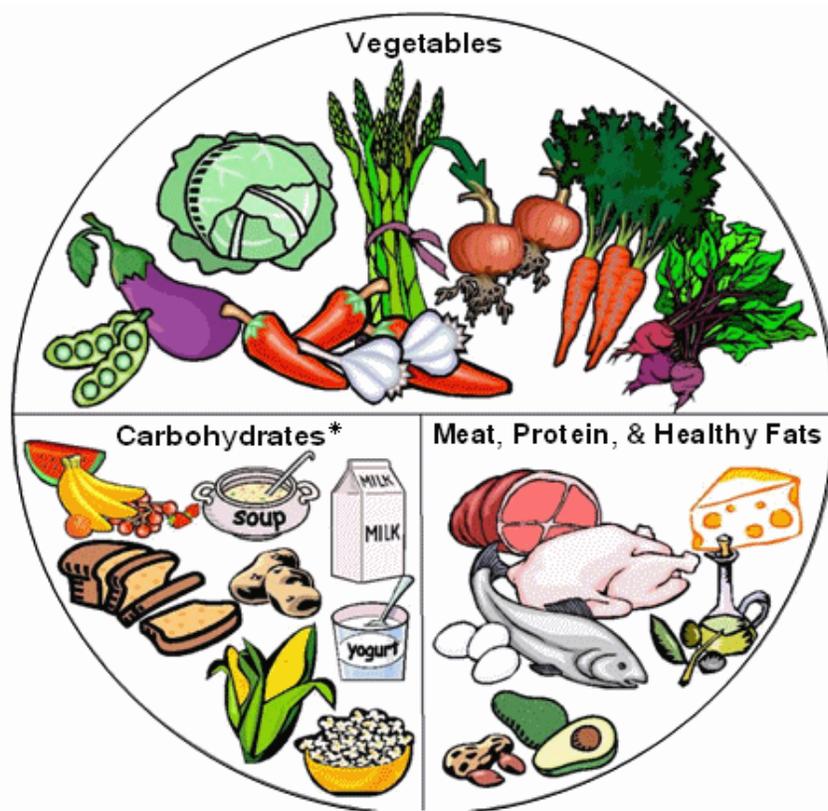
- _____ Fruit
- _____ Vegetables (carrots, bell pepper, broccoli) with low-fat dip, guacamole or hummus
- _____ Nuts (walnuts, pecans, almonds, pistachios) Watch portion sizes if weight is a concern.
- _____ Air popped or light popcorn, rice cakes, or popcorn cakes
- _____ Whole grain cereal with low-fat milk (add fruit and nuts)
- _____ Whole grain crackers with nut butter or reduced-fat cheese
- _____ Tortilla chips with salsa, hummus, guacamole or bean dip
- _____ Yogurt (add fresh fruit, low-fat granola)

Snack Tips:

- Portion out your snack. Use small plates, bowls, or snack size bags.
- Do not sit down with a whole bag or box of snacks.
- Ask yourself, "Am I hungry?" Do other activities when you are not hungry.
- Find non-food ways to cope with emotions, stress, and boredom. (Walk, read, craft, hobby, puzzle, project, relaxation technique, listen to music, exercise)

Meal Planning Guidelines

- Aim for three balanced meals a day. Do not skip meals.
- Try not to go longer than 4 hours between meals.
- Plan a small snack, if there will be a longer time between meals.
- Include protein with meals. It will keep you feeling full longer.
- Follow the plate method for meal planning (see diagram below).
- Include more vegetables with meals. Aim for half your plate of vegetables.
- Plan meals. Make a shopping list. Keep tempting foods out of sight of out of the house.
- Avoid going to the supermarket when you are hungry.
- Eat when you are hungry. Do other activities when you are not hungry.



Tips for managing portions:

- _____ Put less food on your plate. Reduce the amount you eat gradually.
- _____ Use a small plate.
- _____ Drink a glass of water 10 – 15 minutes before your meal.
- _____ Eat slowly.
 - Cut food into smaller pieces.
 - Put your fork down between bites.
 - Take sips of water between bites.
 - Enjoy your food! You will be satisfied with a smaller amount.
- _____ Resist taking second helpings. Keep prepared food in the kitchen, rather than on the table.
- _____ It takes about 20 minutes for your stomach to tell your brain that you are full.
- _____ It is okay not to eat everything on your plate. Do not use your body as a garbage can.
- _____ Eat a small piece of dark chocolate or a mint after you finish the food on your plate.