

CREATE A HEALTHY PLATE

Balance your meals with a mix of the following:

1. Fruits & Vegetables
2. Healthy Carbohydrates
3. Lean Protein
4. Healthy Fats
5. Dairy



PICTURE YOUR PLATE

The following examples show you how easy creating a balanced plate or bowl and be!

Breakfast: Bran flakes with sliced bananas, sliced almonds and non-fat milk.

Lunch: Turkey sandwich on whole wheat bread with avocado, spicy mustard, lettuce and tomato. Baby carrots and grapes on the side.

Dinner: Grilled teriyaki chicken breast and brown rice with broccoli, red pepper and yellow squash sautéed in a little olive oil and garlic.

Snack: An apple and string cheese.

Sweet Treat: Low-fat vanilla frozen yogurt topped with raspberries.

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SACRAMENTO STATE STUDENT HEALTH CENTER

HEALTH EDUCATION RM 122

HOW CAN I IMPROVE MY EATING HABITS?



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IT ALL STARTS WITH HEALTHY MEAL PLANNING...



ADDING A COLOR TO EACH MEAL SHOULD BE YOUR GOAL

MEAL PLANNING

SUCCESS:

- EAT REGULAR MEALS AND TRY TO EAT EVERY 3-4 HOURS.
- NO FOODS ARE FORBIDDEN! TRY TO

MAKE MOST OF YOUR CHOICES HEALTHY.

- CHOOSE WISELY WHEN EATING OUT BY ORDERING YOUR WAY!
- BE PORTION SAVVY BY READING FOOD LABELS AND MEASURING FOODS.
- IMAGINE YOUR PLATE AS A PICNIC PLATE: FILL 1/2 OF YOUR PLATE WITH VEGETABLES, 1/4 WITH LEAN PROTEIN, AND 1/4 WITH WHOLE GRAINS.

CREATE A HEALTHY PLATE.

BALANCE YOUR MEALS WITH A MIX OF THE FOLLOWING:

1. FRUITS AND VEGETABLES

- Apples, bananas, oranges, berries, melon, etc...
- Lettuce, tomatoes, carrots, broccoli, spinach, squash, bell peppers, mushrooms, cucumbers, etc...

2. Healthy Carbohydrates

- Brown rice, whole wheat pasta, 100% whole wheat bread, oatmeal, whole grain cereal, etc...
- Sweet potatoes, peas, beans, corn, etc...



MAKE AT LEAST HALF OF YOUR GRAINS WHOLE

3. Lean Protein

- Skinless chicken breast, deli sliced turkey or ham, Extra lean ground beef or turkey, etc...
- Fish, and shellfish.
- Tofu, tempeh or veggie burger, beans, lentils, or nuts.
- Cottage cheese, reduced-fat cheeses, non-fat or low-fat milk or yogurt.



4. Healthy Fats

- Nuts, seeds, avocado, olives, and nut butters.
- Olive oil, vegetable oil, safflower oil, and canola oil.
- Cold water fish such as salmon, mackerel, and herring.

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