

# Build a Healthy Meal

Meal Planning does not have to be daunting nor difficult as long as we understand what we need to include at each meal.

## Macronutrients

These are found in all foods we eat and we need them in relatively large amounts. Note no single food contains only one macronutrient, but sometimes we generalize for ease of tracking.

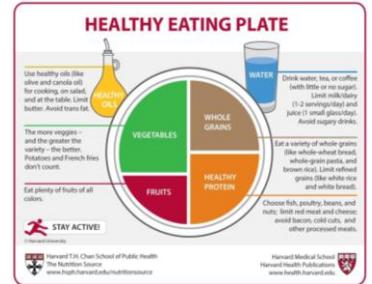
- Carbohydrates: found in starches, grains, fruits, vegetables, dairy
- Proteins: found in meats, beans, grains, nuts, seeds
- Fats: found in meats and dairy, oily fruits (avocados, olives) and extracted from nuts and seeds

The ratio needs for each of these varies from individual to individual

## Micronutrients

Although we only need them in small amounts, micronutrients are essential because they protect our bodies from disease, slow the aging process and help every system in our bodies properly function.

- Vitamins: found in all fresh foods in both plants and animals
- Minerals: trace elements found in both plants and animals
- Phytonutrients/Antioxidants: found in plants and give them their color
- Fiber: found only in plants
- Enzymes: found in fermented/cultured foods



## Vegetables

Fill your plate with a variety of raw and cooked vegetables. Include at least one green and one other color vegetable with every meal.

## Fruits

Add natural sweetness with fruits. They are great components for sauces, salsas, toppings, and dressings.

## Protein

Include a variety of plant proteins such as legumes, nuts, seeds, and animal proteins such as fish, poultry, eggs, dairy, and red meats.

## Grains

Include high-fiber whole grains or whole starchy vegetables. Limit refined grains and starches

## Fats

They add many calories in small amounts. Use sparingly and choose whole-foods like avocados, nuts, seeds, fish, and eggs with Omega-3 added.



# Recipe Idea: Balanced Bowl

Cooking is the best way to unleash your creativity by choosing the foods, colors, flavors, textures, and aromas you like the most. Think about all your senses and eat mindfully.

## Vegetables

1 cup raw/ ½ cup cooked  
Provides about:  
5g carbs  
2g protein  
25 calories



## Fats / Oils

1 Tbsp oil  
Provides about:  
10g-14g fat  
100-120 calories  
1 oz nuts  
Provides about:  
2g-6g protein  
14g-20g fat  
150-200 calories

## Whole Grains / Starchy Veg

1/3 cup – ½ cup  
Provides about:  
15g-20g carbs  
3g protein  
0g-3g fat  
80-100 calories

## Lean Protein

1 oz meat Provides about: 7g protein 2g-10g fat 40-100 calories	½ cup beans Provides about: 7g protein 20g-24g carbs 100-130 calories
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## Whole Fruits

½ cup fresh  
Provides about:  
15g-20g carbs  
60-80 calories

### Macronutrients

- Carbohydrates: Aim for 30g – 60g per meal
- Proteins: Aim for 20g – 30g per meal
- Fats: choose whole foods first (olives, avocados, nuts, seeds, fish, meat)

### Micronutrients

Aim to reach all the colors of the rainbow weekly through different colored vegetables: reds, greens, yellows, white & blue/purple