

# Building Healthy Meals



## Try these tips to build your low-fat meals

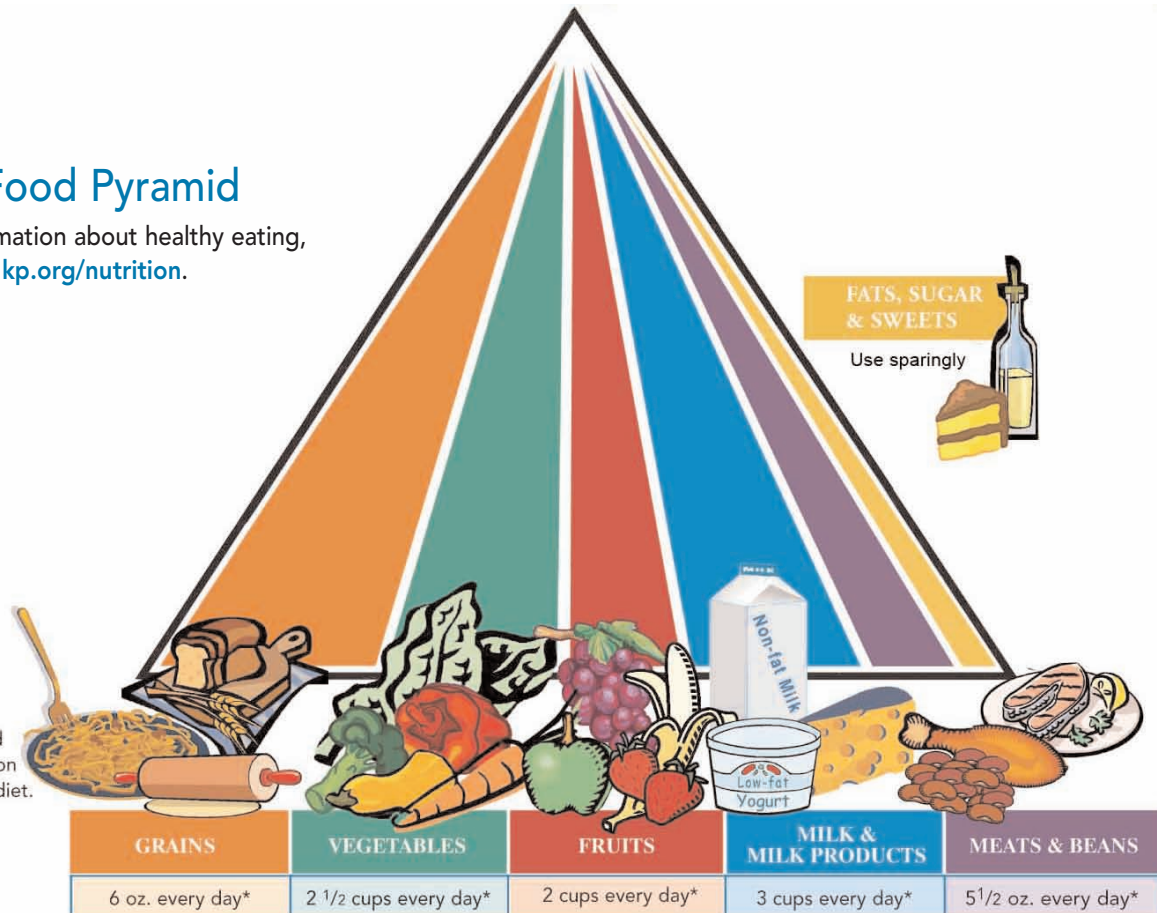
- Eat grains, especially whole grains, at every meal.
- Enjoy a fruit or vegetable at each meal and as snacks during the day.
- Limit meat and poultry to 4 to 6 ounces per day. Limit egg yolks to four per week. Eat fish (not fried) two times per week. Eat beans, tofu, or other soy products, fat free or low-fat (1 percent) dairy products.
- Eat less fat overall, especially less saturated and trans fat (from animal products, processed foods, and fast

food). Choose monounsaturated fat first, then polyunsaturated fats.

- Don't skip meals.
- Use the food pyramid below to plan your meals. Try to eat the minimum amounts from each food group every day.
- In general, women and those who want to lose weight need smaller amounts; men and active women need larger amounts.
- See the food pyramid for daily recommended amounts based on a 2,000 calorie/day diet.

## The Food Pyramid

For more information about healthy eating, visit [kp.org/nutrition](http://kp.org/nutrition).



\* These recommended amounts are based on a 2,000 calorie/day diet.



## Ideas for meals and snacks

These sample meals and snacks follow the recommendations on the other side. Use these samples to help you build the healthy, low-fat meals you would enjoy.

<i>Breakfast</i>		<i>Lunch and Dinner</i>	
		Add 1 cup nonfat or 1% milk to each meal.	
<ul style="list-style-type: none"> <li>• small whole wheat bagel with low-fat or nonfat cream cheese</li> <li>• 3/4 cup orange juice</li> <li>• 1 cup nonfat or low-fat yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 poached or boiled egg</li> <li>• 1 English muffin</li> <li>• 1 tsp. tub margarine</li> <li>• 3/4 cup orange juice</li> <li>• 1 cup milk (nonfat or 1%)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 baked potato topped with low-fat or nonfat sour cream or cottage cheese</li> <li>• salad with fresh vegetables, 1/2 cup beans, nonfat or low-fat salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. skinless baked chicken</li> <li>• 1 cup steamed greens with a dash of hot sauce</li> <li>• 1/2 cup brown rice</li> <li>• 1 slice cornbread (low-fat type)</li> <li>• 1 fresh fruit</li> </ul>
<ul style="list-style-type: none"> <li>• 1 oz. whole grain cereal</li> <li>• 1 banana</li> <li>• 1 slice whole wheat toast</li> <li>• 1 tsp. tub margarine</li> <li>• 1 cup milk (nonfat or 1%)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices whole wheat bread</li> <li>• 2 Tbs. "natural" or low-fat peanut butter</li> <li>• 1 cup milk (nonfat or 1%)</li> <li>• 1 apple</li> </ul>	<ul style="list-style-type: none"> <li>• 4 oz. lean hamburger</li> <li>• garden salad with nonfat or low-fat dressing</li> <li>• 1 fruit or 3/4 cup juice</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. broiled or baked fish</li> <li>• tossed salad</li> <li>• 1 cup steamed rice or potato</li> <li>• steamed vegetables</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup nonfat yogurt mixed with 2 Tbs. raisins and/or fruit preserves</li> <li>• 2 slices whole grain bread</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup brown rice</li> <li>• 1 poached or boiled egg</li> <li>• 1 cup vegetables</li> <li>• 3/4 cup of 100% juice</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup canned black bean soup (low sodium)</li> <li>• 1 small whole grain bagel with nonfat or low-fat cream cheese</li> <li>• 1 apple</li> </ul>	<ul style="list-style-type: none"> <li>• vegetarian chili</li> <li>• side salad with low-fat or nonfat dressing</li> <li>• 1 fruit or 3/4 cup juice</li> </ul>
<ul style="list-style-type: none"> <li>• 2 pancakes (hold the butter, easy on the syrup)</li> <li>• 3/4 cup juice</li> <li>• 1 cup milk (nonfat or 1%)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small bran muffin</li> <li>• 1/2 cup oatmeal with 2 Tbs. raisins</li> <li>• 1 cup milk (nonfat or 1%)</li> </ul>	<ul style="list-style-type: none"> <li>• tuna and pasta salad:               <ul style="list-style-type: none"> <li>- 3 oz. water packed tuna</li> <li>- 1 cup pasta</li> <li>- fresh vegetables with nonfat or low-fat dressing</li> </ul> </li> <li>• 1 sourdough roll</li> <li>• 1 fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese cuisine:               <ul style="list-style-type: none"> <li>- 1 cup brown rice</li> <li>- 1 cup broccoli chicken or beef</li> <li>- 1/2 cup hot-and-sour soup</li> </ul> </li> </ul>
<i>Snacks</i>			
<ul style="list-style-type: none"> <li>• 1 cup nonfat fruit yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 2 rice cakes and 1 tsp. peanut butter or fruit preserves</li> </ul>	<ul style="list-style-type: none"> <li>• 1 low-fat, low-sodium frozen entree</li> <li>• green salad with nonfat or low-fat dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Indian cuisine:               <ul style="list-style-type: none"> <li>- 3 oz. Tandoori chicken</li> <li>- 1 cup steamed rice</li> <li>- 1/2 cup Raita (cucumber and yogurt)</li> <li>- steamed broccoli</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• 1 small bagel with nonfat or low-fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>• raw vegetables with nonfat salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. tuna or turkey sandwich on whole wheat bread, nonfat or low-fat mayonnaise, lettuce, and tomato</li> <li>• baby carrots</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• Mexican cuisine:               <ul style="list-style-type: none"> <li>- 1 bean taco made with</li> <li>- 1 corn tortilla</li> <li>- 1 cup whole beans</li> <li>- 1 1/2 oz reduced fat cheese</li> <li>- salsa</li> <li>- shredded lettuce</li> <li>- 1 cup steamed brown rice</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• 1 or 2 fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz. pretzels (low sodium)</li> </ul>		
<ul style="list-style-type: none"> <li>• 3 cups air-popped or light microwave popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• 3 large rye wafer crackers</li> <li>• 1 1/2 oz reduced fat cheese</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• 1/3 cup nuts</li> </ul>		

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.