



Try these simple tips to build healthy low-fat meals

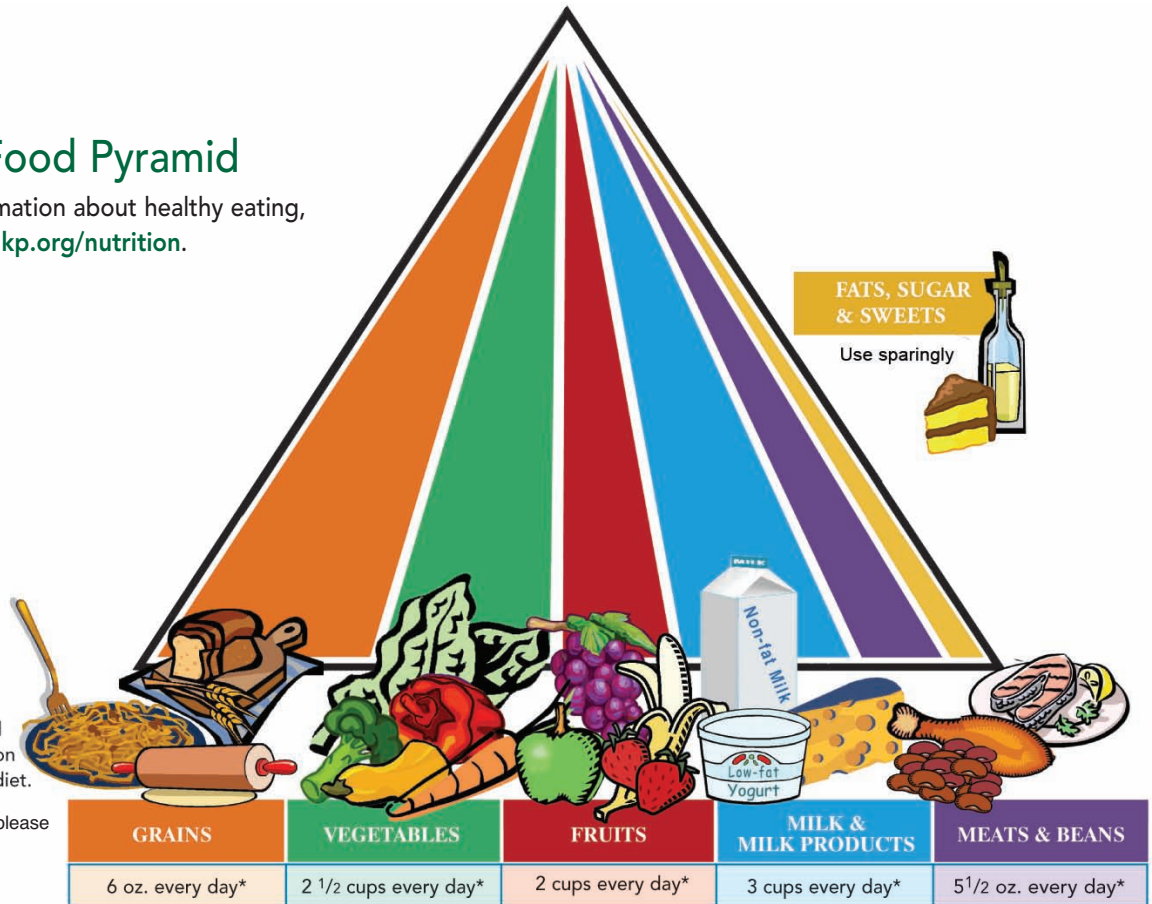
- Eat grains, especially whole grains, at every meal.
- Enjoy a fruit or vegetable at each meal and as snacks during the day.
- Limit meat and poultry to 4 to 6 ounces per day. Limit egg yolks to four per week. Eat fish (not fried) two times per week. Eat beans, tofu, or other soy products, fat free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

food). Choose foods with monounsaturated fat and foods high in Omega-3 fatty acids.

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

The Food Pyramid

For more information about healthy eating, visit kp.org/nutrition.



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

For more information, please visit MyPyramid.gov.

Adapted from USDA MyPyramid.gov

Ideas for meals and snacks

These sample meals and snacks follow the tips on the other side. Use them to help you build healthy, low-fat meals that you will enjoy. Or, create your favorite combinations!

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

Healthy meals start at the store. Use this shopping list to help you prepare:

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| ✓ Fruits – all your favorites | ✓ Nonfat or 1% milk | ✓ Low-salt nuts |
| ✓ Vegetables – vary colors! | ✓ Nonfat, low sugar yogurt | ✓ Natural or low-fat nut butter |
| ✓ Whole wheat or grain bread | ✓ Low-fat cottage cheese | ✓ Whole beans |
| ✓ Rye wafer crackers | ✓ Reduced fat cheese | ✓ Hummus |
| ✓ Brown rice | ✓ Nonfat or low-fat salad dressing | ✓ Tofu |
| ✓ Low salt pretzels or rice cakes | ✓ Dried fruit | ✓ Lean pork or beef |
| ✓ Low-fat granola | ✓ Fruit preserves | ✓ Salmon, tuna or white fish |
| ✓ Whole grain cereal | ✓ 100% juice | ✓ Chicken without skin |

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.