



MEAL PLANNING AS EASY AS 1 + 2 + 3		
1. ENERGY YOU NEED RIGHT NOW Whole Grain or Starchy Vegetable	2. FILLING POWER Non-Starchy Vegetable or Fruit	3. PROTEIN TO MAKE IT LAST Dairy/Alternative or Meat/Alternative
<p><b>Whole Grains:</b></p> <p>Whole Grain Bread: Sliced Bread English Muffin Pita Bagel Roll/Bun</p> <p>Whole Grain Cereals: Cheerios ® Wheaties ® Total ® Shredded Wheat Oatmeal Life ®</p> <p>_____</p> <p>Whole Cooked Grains: Brown Rice Pasta Cous Cous Quinoa</p> <p>_____</p> <p>Popcorn</p>	<p><b>Non-Starchy Vegetables:</b></p> <p>Leafy Greens: Romaine Spinach Swiss Chard</p> <p>ABCs: Asparagus Beets Bell Peppers Bok Choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Cucumbers Eggplant Green Beans Mushrooms Onions Snow Peas Tomatoes</p>	<p><b>Dairy:</b></p> <p>Skim or 1% Milk</p> <p>Fat-free Plain Yogurt</p> <p>Reduced-fat Hard Cheese</p> <p>Reduced-fat Shredded Cheese</p> <p><b>Non-Dairy Alternatives:</b></p> <p>Calcium-fortified Soy, Rice or Almond Milk</p> <p>Calcium-fortified Soy Yogurt</p> <p>Calcium-fortified Soy Cheese</p> <p>Calcium-fortified Tofu Silken type can serve as a dairy substitute for dressings, spreads, sauces, shakes soups, desserts, baked goods</p>
<p><b>Starchy Vegetables:</b></p> <p>Corn</p> <p>Green Peas</p> <p>Potatoes</p> <p>Plantains</p> <p>Sweet Potatoes</p> <p>Winter Squashes: Acorn Butternut Pumpkin</p>	<p><b>Fruits:</b></p> <p>Apples Apricots Bananas Blueberries Cantaloupe Clementines Cherries Grapefruit Grapes Honeydew Melon Mangoes Nectarines Oranges Peaches Pears Pineapple Plums Raspberries Strawberries Watermelon</p>	<p><b>Lean Meats:</b></p> <p>Chicken Breast/Turkey Breast Shellfish Cod Flounder Trout Canned Light Tuna Salmon "Select" grades of Meat: Round, Sirloin, Flank, Tenderloin, Rib, Chuck, Rump</p> <p><b>Non-Meat Alternatives:</b></p> <p>Egg Nuts/Seeds Nut Butters Dried Beans/Peas Tofu (silken, firm or extra firm) Tempeh (fermented soybeans, sometimes mixed with grains) Roasted Soybeans Hummus Falafel Patty Soy or Bean Burger Patty 1% or Non-fat Cottage Cheese</p>

**Make your meals and snacks appeal to all of your senses by incorporating:**

- Heart healthy oils
- Flavorful herbs & spices
- Elective calorie choices
- Varied Cooking Techniques

