

# MAKE A HEALTHY MEAL & SNACK PLAN

Goal: Plan for 3 healthy meals & 1-2 satisfying snacks evenly spaced throughout the day; about 3 hours apart --like 9am, noon, 3pm & 6p

Drink **only** water & low-fat milk or sugar-free drinks instead of sugary ones

| Time | Location                | Choice A | Choice B | Choice C | Planning tips  |
|------|-------------------------|----------|----------|----------|--|
|      | Breakfast @             |          |          |          | <b>Daily Balanced Breakfast</b><br>Include 2-3 food groups. Follow serving sizes listed for each item. Drink low-fat milk and have fruit instead of juice  |
|      | (maybe) Morning Snack @ |          |          |          | <b>Snack Smart</b> with balanced, satisfying snack combinations; include items from 2 or more food groups, like <b>PRODUCE + PROTEIN</b> (DAIRY OR HEALTHY FAT)  |
|      | Lunch @                 |          |          |          | <b>4+ Healthy Lunch-</b> plan for/pack items from at least 4 food groups: 1)Protein: meat/beans, 2) Grains, 3) Dairy, 4) Fruit, 5)Vegetables   |
|      | Afternoon Snack @       |          |          |          | <b>Snack Smart</b> with balanced, satisfying snack combinations; include items from 2 or more food groups, like <b>PRODUCE + PROTEIN</b> (DAIRY OR HEALTHY FAT)  |
|      | Dinner @                |          |          |          | Follow the <b>Plate Method</b> ; make ½ the plate Fruit & Vegetables (~1 cup each), right-size portions of starch (½ cup) and meat (3 oz. or palm size). Seconds only of veggies or try <i>Split Plate &amp; Wait</i> to feel full with the right amount |
|      | (maybe) Evening snack @ |          |          |          | If hungry after dinner, consider planning a healthy snack following the <b>Snack Smart</b> guidelines above, but with more focus on Fruit and Veggies  |