Eating to feel your best



Choose healthy foods.

Eat foods from these groups every day.



Grains

Choose whole grain bread and pasta.

Vegetables

Choose a variety of veggies. Dark green, red, and orange veggies are especially rich in key nutrients.

Meats, beans, nuts, and other proteins

Choose lean meats, seafood, poultry, eggs, beans, seeds, peas, lentils, nuts, and soy products. Limit red meats. Remove skin and fat from meat and chicken.

Limit foods that are high in

- added sugar (such as soda or other sweetened beverages, sweet treats, and desserts)
- saturated fat (such as high-fat meats or dairy products, like butter or cheese)
- sodium (such as packaged foods and sauces)



Fruits

Fresh fruit is best. When juices are consumed, they should be 100% fruit with no added sugar.



Dairy foods

Choose low-fat and non-fat products. Soy milk can be substituted in place of regular milk. Choose hard cheeses over soft cheeses.

List some foods you plan to eat from each group.

Grains

Vegetables

Fruits

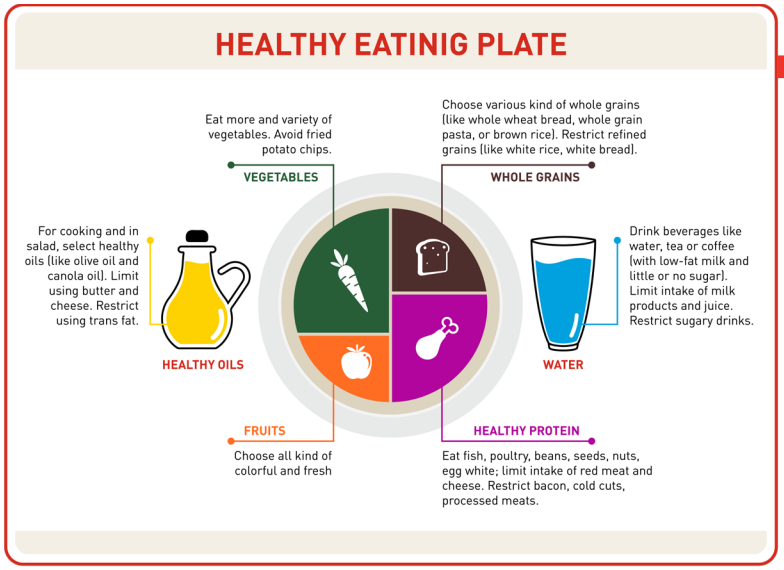
Dairy foods

Meats, beans, nuts, and other proteins

Eat healthy servings of each kind of food.

Here are 2 ways to help you know how much to eat:

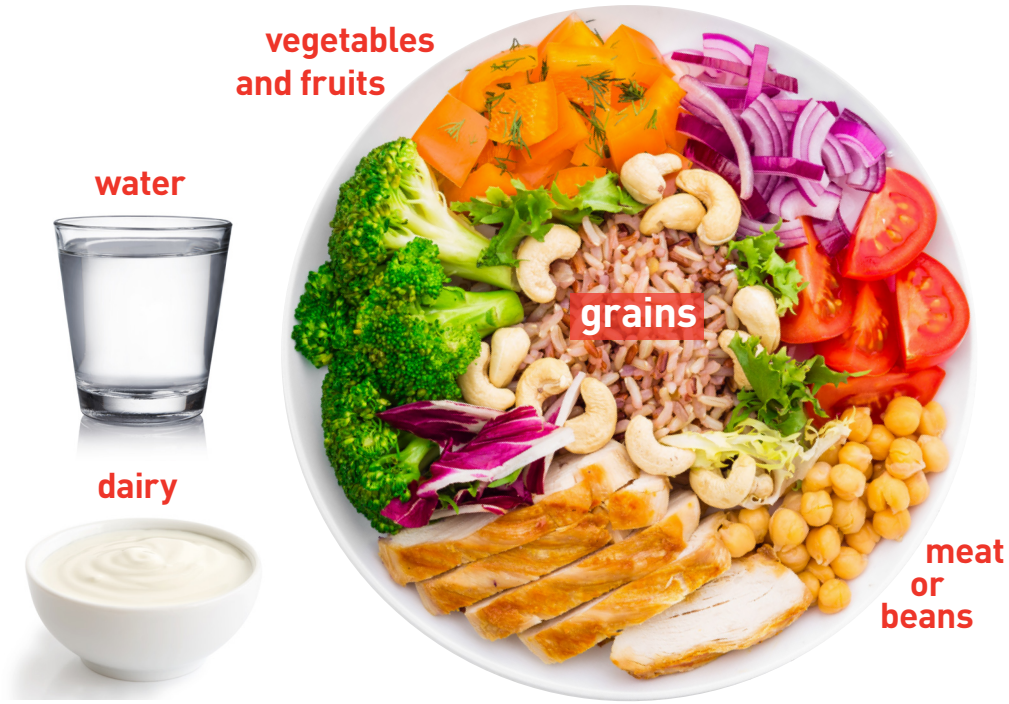
1 Balance your plate.



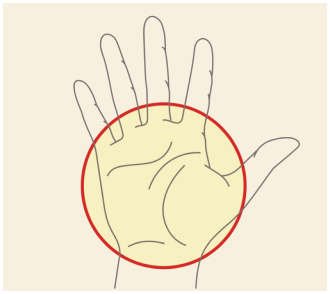
This "Healthy Eating Plate" shows balanced meal including 1/2 plate veggies and fruits, 1/4 plate protein, and 1/4 plate grains.

Divide your plate into 4 parts.

- Put vegetables and fruits on 2 parts (half the plate).
- Put a serving of grains on 1 part. (one-quarter of the plate)
- Put a serving of meat or beans on 1 part. (one-quarter of the plate)
- Choose a calorie-free beverage (like water) or one that is nutrient-rich, like fat-free milk or 100% juice.



2 Use your hand to measure serving sizes.



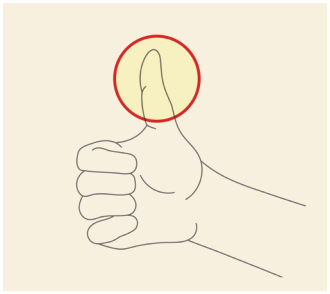



Your palm is about 1 serving of meat or beans.



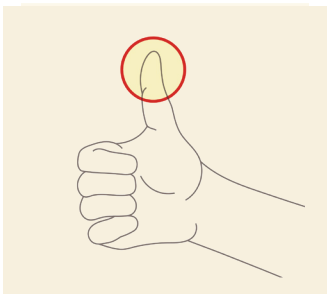
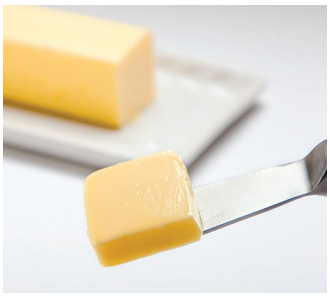



Your fist is about 1 serving of fruits, vegetables, or grains.






Your thumb is about 1 serving of salad dressing, mayonnaise, or jam.



The tip of your thumb is about 1 serving of butter, oil, or margarine.

Breakfast

Here are some healthy choices:



- whole-grain dried cereal
- fresh fruit or raisins
- low-fat or non-fat milk
- coffee with low-fat milk



- beans
- tortilla
- plantain



- grits and egg
- half a mango
- glass of water



- toast
- low-fat or non-fat yogurt
- fruits
- bowl of seeds



- rice porridge
- fresh fruits
- glass of soy milk



- Oats (steel-cut oats) made with low-fat milk
- Chopped apples
- Tea with low-fat milk

Add healthy foods you plan to eat for breakfast:

Lunch

Here are some healthy choices:



- lentil soup
- cucumber with yogurt (raita)
- fruits





- noodles
- chicken, bok choy, broccoli
- fruit salad



- peanut butter on wheat bread
- slices of apple
- berries
- glass of water



- spinach wrap filled with veggies and beans
- papaya
- jicama



- turkey sandwich on wheat bread with lettuce and tomato
- low-fat or non-fat cottage cheese
- carrot sticks
- apple slices



- baked, skinlesschicken breast
- small slice of corn bread
- vegetable salad
- fresh fruits

Add healthy foods you plan to eat for lunch:

Dinner

Here are some healthy choices:



- whole wheat pasta
- meatballs, veggies
- tomato sauce
- green salad
- watermelon



- string beans
- baked pork chop
- small baked potato
- applesauce
- glass of water



- vegetable salad
- chili beans with meat
- tortilla
- 2 tablespoons hummus



- greens
- rice and beans
- grilled chicken
- fresh fruit salad



- large salad, with veggies and hard boiled eggs
- whole wheat roll
- pineapple and blueberries



- stir-fry veggies and fish with rice
- kiwi and kumquats

Add healthy foods you plan to eat for dinner:

Snacks

Here are some healthy choices:



bowl of unbuttered popcorn



bowl of seaweed (nori) snack



whole wheat crackers with 1 oz of cheese



plain yogurt with fruits



small to medium-sized apple



cut raw celery sticks and peanut butter



tea with low-fat milk



fresh fruits



small square of dark chocolate



bowl of soy beans (edamame)



small dish of dried fruit



small dish of unsalted nuts

Fruit smoothie made easy:



1/2 cup sliced fresh fruit

+



1/2 cup non-fat or low-fat yogurt

+



1/2 cup non-fat or low-fat milk

+



5 small ice cubes

Put all ingredients in a blender.



You might try...

- blueberries, strawberries, raspberries, pineapple, bananas, or a combination of fruits
- frozen fruits
- doubling or tripling the recipe for more people
- soy milk, or pea-protein milk



Add healthy snacks you plan to eat:

_____

_____

_____

_____

Healthy choices for eating out

FAST FOOD / SANDWICHES	CHICKEN & BARBECUE	PIZZA / ITALIAN
EAT		
turkey breast sandwich on wheat bread with lettuce and tomato	BBQ chicken sandwich	vegetable or chicken pizza with thin crust
grilled chicken or grilled vegetable sandwich	chicken breast without skin or breading	pasta with tomato (marinara) sauce and vegetables
fruit salad	green beans	baked, broiled, or grilled fish or chicken
pretzels	corn on the cob	pasta with grilled fish or chicken and vegetables
low-fat frozen yogurt	baked beans	salad
LIMIT		
burgers	potato salad	risotto
cheese	coleslaw	cheese—ask for half the amount of cheese
mayo / salad dressings	macaroni and cheese	garlic bread
AVOID		
fries	fried chicken	stuffed crust pizza
chips	ribs	cheese-stuffed noodles
bacon/sausage		salami
ice-cream based shakes		sauces with cream or cheese

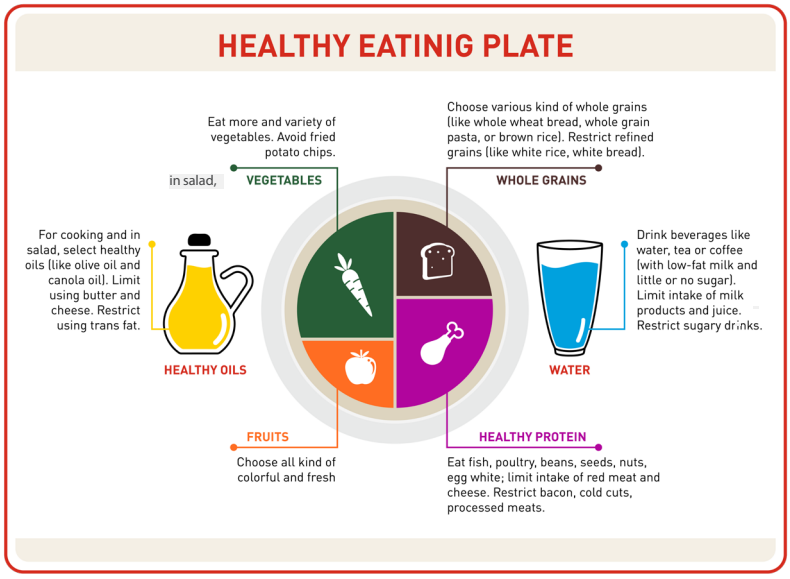
Prioritize water as your beverage of choice.



MEXICAN	ASIAN	INDIAN	DRINKS
EAT			
chicken, fish, bean, or beef soft tacos	soup (miso, vegetable, broth-based)	lentil soup	water
tostada	sushi	tandoori	non-fat or low-fat milk
grilled steak	steamed or stir-fried chicken, veggies, or fish	papadam, toasted	100% fruit juice
whole beans	non-fried vegetable or shrimp rolls		herbal tea
fresh salsa	light soy sauce		plain sparkling water
LIMIT			
cheese	noodle dishes	naan	waters and juices with added sugar
guacamole	fried rice	sauces	coffee and tea (limit sugar and cream)
	sauces		alcohol
AVOID			
fried chips	fried spring rolls	fried foods	soda
fried taco shells	tempura	curries with coconut milk	high-fructose juices
refried beans (cooked in animal fat)	sweet and sour pork	curries with cream	sweetened coffee and tea drinks
sour cream	crispy chicken		milkshakes

How to balance your plate





USDA MyPlate site and Dietary Guidelines consumer site:

https://www.dietaryguidelines.gov/resources/consumer-resources

For informational purposes only. Not an endorsement of any Lilly product.
VV-MED-110764 ©2023 Lilly USA, LLC. All rights reserved.