

Make a Healthy Lunch or Dinner

Instructions: How to create a balanced lunch or dinner meal:

- Choose items from each category
- Beverages: choose water or 8oz 1% or skim milk

Fruits and Vegetables  Choose 1-2 items	Protein  Choose 1 item	Starches  Choose 1 item
Fruits	½ cup beans	1 slice whole wheat bread
1 medium apple	1 low fat cheese stick	3-5 whole wheat crackers
1 cup apple sauce	1 cup low-fat cottage cheese	2 whole grain graham crackers
½ cup blackberries	3 ounces baked or grilled chicken	¼ cup granola
½ cup blueberries	1 egg (hardboiled or scrambled)	½ cup plain, low sugar oatmeal
1 cup grapes	¼ cup nuts and seeds	½ cup quinoa
1 kiwi	1 tablespoon peanut butter	½ cup whole wheat pasta
1 cup orange slices	3 ounces low salt ham	½ cup mashed plantain, potato, yucca, or sweet potato
½ cup papaya	½ cup tuna salad	1 whole wheat pita pocket
1 small peach	3 ounces sliced turkey	½ cup low salt pretzels
1 small pear	¾ cup low fat yogurt	½ cup rice & beans
½ cup pineapple		1 whole wheat dinner roll
Vegetables		½ cup whole grain baked tortilla chips
1 cup asparagus		1 whole wheat tortilla
1 cup brussel sprouts		
1 cup carrot sticks		
1 cup celery sticks		
1 cup cucumber		
2 cups green salad		
Lettuce and 2 slices tomato		
1 cup sliced peppers		
1 cup spinach		
1 cup squash		

*Talk to your Dietitian about portion sizes that are appropriate for you.

"This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision."