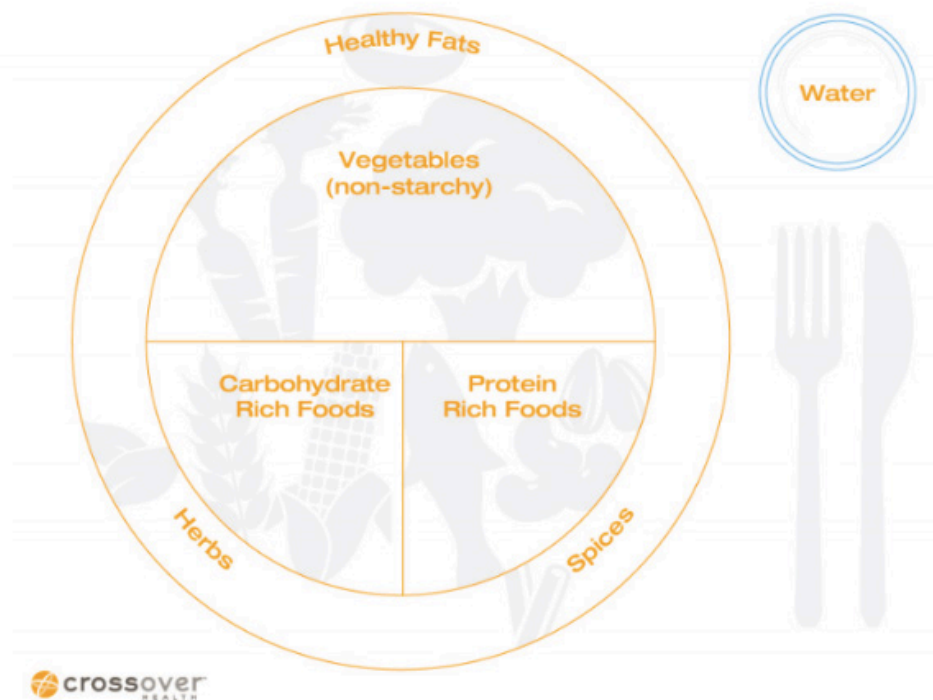


Basic Meal Planning Guidelines

Basic Meal Planning Guidelines

- Eat something around every 3-4 hours
- Meals should contain at least 3 food groups
 - Food groups: vegetables, fruits, dairy, meat/legumes, fats, starches
- Snacks should contain at least 2 food groups
 - A carbohydrate (fruit/starch) pairs well with a protein (meat/legumes/dairy) or a fat (nuts/seeds)
- Work towards 5 servings of fruits and vegetables
 - More vegetables than fruits

My Plate Guide



Make your plate 1/2 non-starchy vegetables, 1/4 of your plate a healthy carb, 1/4 of your plate lean or plant protein