

How to Build a Healthy Meal



Eating well can help you prevent or delay type 2 diabetes. It's important to know the right foods in the right ratios to create a balanced meal. Check out the guide below to start building healthy meals with ease.

Tips:

- ✓ Use herbs, spices, lemon juice, and natural salad dressings to make veggies taste better.
- ✓ Fill up on fiber and water.
- ✓ Shop, cook, and eat healthy at home with friends and family.

Key points to remember:

Choose items that are:

Real whole foods

Low in sugar

High in fiber and water

High in vitamins, minerals, and protein

Limit items that are:

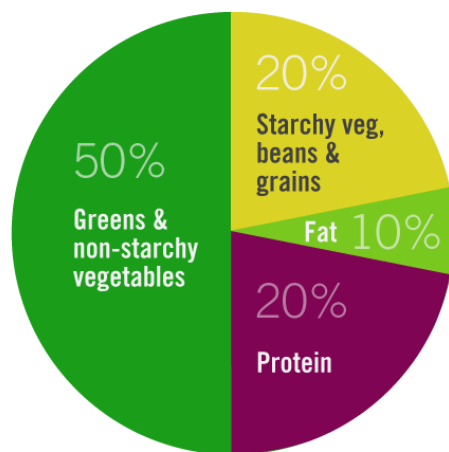
High in sugar or bad fats (like hydrogenated oils)

High in artificial ingredients

Processed (can you pronounce the ingredients?)

Food Groups

1. Non-starchy veggies
2. Starchy foods
3. Protein foods
4. Healthy fat
5. Fruit
6. Drink



*Note: These are just sample percentages

You'll want to make:

Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)

A quarter of your plate starchy foods (such as potatoes, squash)

Another quarter of your plate protein foods (such as chicken, lean meat, fish)

You can also have:

A small amount healthy fat ($\frac{1}{4}$ avocado, 1-2 tbs olive oil, nuts)

A small amount of fruit (one apple, half a banana, $\frac{1}{2}$ cup berries)

A beverage that has low or no calories (water, sparkling water, coffee without sugar)

Build Your Plate

Create a healthy meal by listing items that you like in each category. You can use “Sample Foods to Choose” below for ideas. Then mix and match items from each food group to build a healthy plate.

Example of Building a Healthy Meal:

Starchy foods— sweet potato

Protein foods— chicken

Fruit— $\frac{1}{2}$ cup raspberries on salad

Fat--1 tbsp olive oil for salad dressing

Non-starchy veggies—spinach salad

Drink— water

Sample Foods to Choose From

Non-starchy veggies:

Asparagus

Broccoli

Brussel sprouts

Bok choy

Cabbage

Cauliflower

Celery

Cucumbers

Lettuce

Leafy greens (such as Swiss chard, Kale, Collard greens)

Mushrooms

Onions

Peppers

Snow peas

Spinach

Sprouts

Tomatoes

Zucchini

Your favorites:

Starchy foods:

Black beans

Brown rice

Beets

Carrots

Corn

Green peas

Lentils

Oatmeal

Potatoes

Pumpkin

Sweet potato

Yams

100% corn tortillas

Your favorites:

Foods to Choose

Protein foods:

Eggs

Fish and seafood (catfish, cod, shrimp)

Lean meat (lean ground beef, chicken and turkey without skin, pork loin)

Nuts (limit because high in fat)

Your favorites:

Healthy Fats:

Avocado

Olive oil

Coconut, coconut oil

Nuts (walnuts, cashews, almonds, etc) Yogurt
(full fat organic is best)

Your favorites:

Foods to Choose

Fruit:

Apples
Apricots
Blueberries
Raspberries,
Blackberries
Grapefruit
Grapes
Oranges
Watermelon and other melons
Pineapple
Pears
Lemons
Strawberries

Your favorites:

Drinks:

Water
Black coffee (without sugar)
Sparkling water
Unsweetened tea

Your favorites:
