

build a balanced meal

3 things you should include:



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start with a grain/starch

Whole Wheat Bread
Multigrain/Rye Bread
Buns
English Muffin
Whole Wheat Pita
Wrap
Bagel
Pasta
Rice
Potatoes (baked, mashed, oven browned etc.)
Hot Cereal (Oatmeal, Oatbran, Red River, Sunnyboy etc.)
Ready-to-eat Cereal (Bran Flakes, Shreddies, Bran Buds, Shredded Wheat, Spoon Sized Shredded Wheat, All Bran, Muselix etc.)
Crackers (whole wheat soda, stone wheat thins, Ryvita, Wasa etc.)
Couscous
Barley
Other Grains

WHY?

brain fuel and energy for muscles

whole grains keep you full longer than refined grains due to fibre

whole grains have more vitamins and minerals

add a vegetable and/or fruit

Raw veggies (carrots, cucumbers, radishes, sweet peppers, sugar snap peas, snow peas, zucchini, celery, turnip, broccoli, cauliflower, grape/cherry tomatoes etc.)
Frozen Veggies (peas, corn, carrots, beans, mixed veggies, Asian stirfry veggies etc.)
Cooked Veggies (asparagus, peas, carrots, cauliflower, broccoli, eggplant, beans etc.)
Salsa
Tomato Sauce
Salads (lettuce, spinach, cucumber, tomatoes, cabbage etc.)
Juice (unsweetened fruit juice, V8, tomato juice, clamato juice)
Fresh Fruit: (cantaloupe, melon, kiwi, pear, apple, orange, berries, banana etc.)
Frozen Fruit (berries, peaches, rhubarb, banana, grapes)
Dried Fruit (raisins, apricots, prunes, apples, cranberries, dried fruit bar)
Canned Fruit (unsweetened pears, peaches, fruit cocktail, pineapple, applesauce, etc.)

WHY?

vitamin, mineral, and phytochemical (compounds that have health promoting effects) powerhouses!

you will likely fall short without building them into each meal!

choose a source of protein

Beef (deli roast beef, pastrami, corned beef, tenderloin, inside round, outside round etc.)
Chicken (deli chicken breast, roasted white and dark meat etc.)
Fish (fresh, frozen, canned all types)
Turkey (deli turkey breast, roasted white or dark meat etc.)
Pork (pork loin, pork tenderloin, roasted ham, deli ham etc.)
Seafood (all types)
Eggs
Light Cheese (slices, hard block)
Cottage Cheese, Ricotta Cheese
Skim or 1% Milk
1% Chocolate Milk
Yogurt (reduced-fat)
Instant Pudding (made with milk)
Soy Milk (calcium fortified)
Soy Product (roasted soy beans, veggie burger, tofu etc.)
Beans/Legumes (dried or canned chick peas, black beans, kidney beans, baked beans, lentils etc.)
Hummus
Falafel
Nuts/Seeds
Peanut Butter or Nut Butters

WHY?

without protein the meal won't keep you full and sustain your energy very long!

muscle repair and recovery

immunity