



A simple formula for a **BALANCED MEAL**:

Below is a simple chart that uses the idea "select most often" (unless noted as moderately) from Christopher R. Mohr, PhD, RD. This a good chart for a clean "balanced meal". Pick one item from the Protein column, one from the Carbs/Grains column, one from the Veggie and/or Fruit column. Watch your portion sizes! See chart on second page for portion size suggestions.

Think 'variety of colors' with fruits and veggies:

Proteins	Carbs/Grains	Vegetables	Fruits
Beans	Amaranth	Corn	Cherries
Chicken Breast (without skin)	Barley	Peas	Grapefruit
Crab	Beans	Cucumber	Apricots, dried
Egg Whites or Egg Substitute	Brown Rice	Celery	Fresh Pear
Whole Eggs (<i>moderately</i>)	Buckwheat	Broccoli	Apple
Flounder	Bulgar (cracked wheat)	Tomato	Plum
Halibut	Millet	Bell Pepper	Fresh Peach
Low-fat luncheon meats	Oatmeal	Lettuce	Orange
Low or non-fat cottage cheese	Quinoa	Zucchini	Strawberries
Low or non-fat milk	Sorghum	Artichoke	Grapes
Low or non-fat yogurt	Triticale	Asparagus	Kiwi
Salmon	Wheat berries	Onions	Mango
Snapper (red or blue)	Whole Rye	Mushrooms	FrechApricots
Soy Milk	Whole Wheat Crackers	Cabbage	Papaya
Tilapia	Whole Wheat Pasta	Squash	Pineapple
Tofu	Whole Wheat Tortillas	Green beans	Blueberries
Tuna(steaks/ canned in water)	Wild Rice	Spinach	Rasberries
Turkey Breast (without skin)	Corn/Flour Tortillas(<i>moderately</i>)	Carrots-limit	Black berries
Lean cuts beef/pork (<i>moderately</i>)	Pretzels (<i>moderately</i>)	Potatoes/red potatoes	Pear
Natural peanut butter (<i>moderately</i>)	[Good cereals: All Bran, Kashi 7 Whole Grain, Kashi Go Lean, Raisin Bran, Trader Joe's Shredded Wheats, Cheerios]		Small Banana

(This chart is a sample of foods to 'select most often,' this is not a complete list of all food choices).

- *Watch sugar content in foods, no more than 10-12 grams per serving is suggested (i.e., yogurt, health bars, health shakes).
- *Sugar substitutes not recommended, regular raw sugar in moderation is better.
- *Limit salt intake and try Sea Salt as an alternative (tastes the same)
- *Remember to get fiber in your daily food intake. Not only good for you, but helps you feel full. For women, the recommended daily fiber intake is 25 grams (work up to this). Look for foods (i.e., cereal, bread) with at least 3 or 4 grams of fiber per serving. You may want to look into Juice Plus Thins for more fiber (see my website for link).
- *Instead of using a protein powder, I recommend Juice Plus Complete which is an all natural meal replacement shake to replace one of your daily meals. Great source of protein, carbs, and fiber.
- *For other dairy options, try soy milk or rice milk.
- *Good fats to add in moderation: raw almonds and walnuts, avocado, flax seeds or oil, fish oil, olive oil, sunflower oil, butter ok in moderation (watch out for trans fats)
- *Salad dressing (sodium, sugar, fat free options...if at restaurant, ask for it on the side)
- *Note that fruits and vegetables also count as carbs.


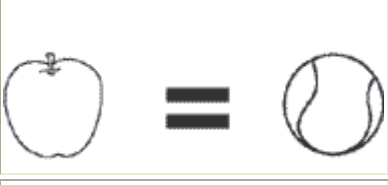
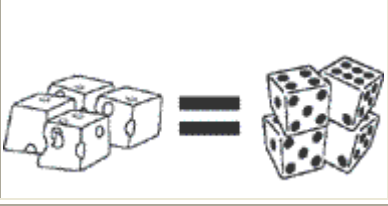
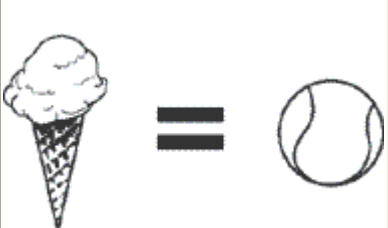
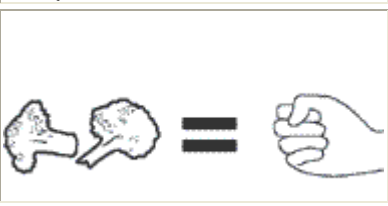



PORTION SIZES

Food portion sizes

Portion sizes are important for staying a healthy weight.

When a food scale or measuring cups aren't handy, you can still estimate your portions by using this chart.

	Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.
	A medium apple or peach is about the size of a tennis ball.
	One ounce of cheese is about the size of four stacked dice.
	One-half cup of ice cream is about the size of a racquetball or tennis ball.
	One cup of mashed potatoes or broccoli is about the size of your fist.
	One teaspoon of butter or peanut butter is about the size of the tip of your thumb.