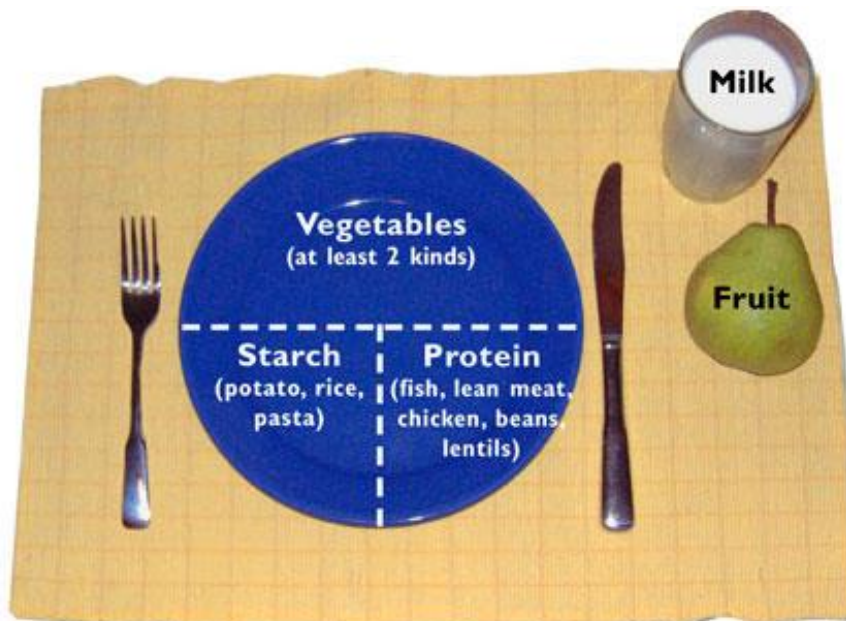


## Meal Planning for Success

Here are some basic meal-planning facts and tips to help you get started:

- Eat at regular times
- Foods high in fiber may help you feel full and may lower your blood sugar and cholesterol levels if high:
  - Soluble fiber attracts water and turns to gel during digestion, slowing digestion and the rate of nutrient absorption from the stomach and intestines (foods such as oats, barley, nuts, seeds, peas, beans, lentils, some legumes, and some fruits and vegetables)
  - Insoluble fiber adds bulk to the stool and may aid in increasing the speed in which food passes through the intestines (foods such as wheat and whole-wheat products, some vegetables, and whole grains)
- Drink water or diet drinks for weight management
- Prepare raw vegetables ahead of time, so they are ready when the urge to snack hits
- Place a fruit bowl on the table or keep cut-up fruit in the refrigerator, so you are more likely to achieve your target of three to five servings/day

Taking a good look at your plate before you put food on it is another way to help create a healthy meal. Here's how:



### Vegetables

Fill one half of your plate with vegetables, at least two kinds. Vegetables are very high in nutrients and low in calories.

## Starchy foods

Fill one quarter of your plate with starchy foods. Choose whole-grain breads and cereals, rice, pasta, noodles, or potatoes at every meal. Starchy foods are broken down into glucose, which your body needs for energy.

## Protein

Fill one quarter of your plate with protein. Include fish, lean meats, low-fat cheeses, eggs, or vegetarian protein choices, such as beans and lentils, as part of your meal.

## Milk and fruit

Add a glass of milk and a piece of fruit, and your meal is complete!

## Portions in planning a meal

Hands are very useful in estimating appropriate portions. They are always with you, and they are always the same size!

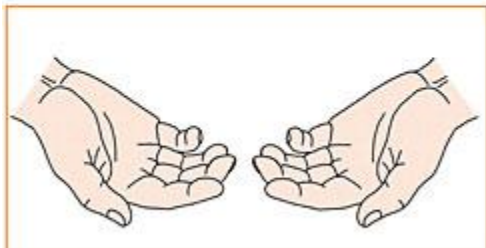
When planning a meal, use these portion sizes as a guide:



**CARBOHYDRATES** (grains and starches): Choose an amount the size of your 2 fists. For fruit, use 1 fist.



**PROTEIN:** Choose an amount the size of the palm of your hand and the thickness of your little finger.



**VEGETABLES:** Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables (e.g. green or yellow beans, broccoli, lettuce).



**FAT:** Limit fat to an amount the size of the tip of your thumb.

## Carbohydrates (starch and fruit)

Choose an amount the size of two fists.

## Protein

Choose an amount the size of the palm of your hand, and the thickness of your little finger.

## Vegetables

Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables, such as green or yellow beans, broccoli, or lettuce.

## **Fat**

Limit fat to an amount the size of the tip of your thumb.

## **Beverages**

Drink no more than 250 milliliters (mL) or 8 fluid ounces (fl oz) of low-fat milk with a meal.

## **Meal ideas**

### **Breakfast**

- High-fiber English muffin
- 2 slices low-fat cheese
- 1 orange or 1 cup (C) of melon
- 8 fl oz skim milk

### **Lunch**

- 1 whole-wheat/whole-grain pita or 2 slices whole-grain bread
- 3 oz lean protein (turkey, roast beef, or ham)
- Green leaf lettuce
- 1 teaspoon (tsp) reduced-fat mayonnaise
- 6–8 ounces (oz) low-fat yogurt

### **Snack**

- 1 apple or ½ C blueberries or strawberries

### **Dinner**

- Green salad with low-fat dressing
- 3 oz lean protein (fish, chicken, or beef)
- ½ sweet potato or ½ C whole-wheat pasta
- 1 pear
- 8 fl oz skim milk

### **Evening Snack (if desired or needed)**

- 2 tablespoons (Tbsp) peanut butter
- 3–4 whole-grain crackers
- 8 fl oz skim milk

### **Dinner example**

- Teriyaki salmon
- Easy vegetables
- Blueberry Treat

### **Broiled Teriyaki Salmon**

*Makes 2 servings*

1 salmon fillet (6 oz)

1 Tbsp lemon juice



1 Tbsp low-sodium teriyaki sauce  
1 tsp sesame oil  
2 lemon slices

Set the oven on broil, and prepare a broiler pan with cooking spray.

Rinse the salmon, and cut into two 3-oz pieces. Combine the lemon juice, teriyaki sauce, and sesame oil. Place the salmon fillets on the prepared pan, and brush with half the sauce.

With the pan 5" from the heat, broil for 4 minutes. Turn the fish over and baste with the remaining sauce. Broil for 4 minutes, or until lightly browned and cooked through. Garnish with a lemon slice.

**Per serving:** 155 calories, 17 grams (g) protein, 3 g carbohydrate, 8 g fat (1 g saturated fat, 3 g monounsaturated fat, 3 g polyunsaturated fat), 47 milligrams (mg) cholesterol, 0 g fiber, 148 mg sodium

### **Steamed Broccoli With Roasted Red Pepper**

*Makes 2 servings*

2 C chopped broccoli (fresh or frozen)  
1 Tbsp thinly sliced, jarred, roasted red peppers

Steam the broccoli until tender. Drain and top with roasted red pepper slices.

**Per serving:** 27 calories, 3 g protein, 5 g carbohydrate, 0 g fat, 0 mg cholesterol, 3 g fiber, 39 mg sodium

### **Red Leaf Lettuce Salad**

*Makes 2 servings*

4 red lettuce leaves  
1 carrot, shredded  
2 thin slices red onion  
½ C canned garbanzo beans, rinsed  
6 grape or cherry tomatoes, halved  
½ tsp Dijon mustard  
2 Tbsp red wine vinegar  
1 Tbsp olive oil  
Dash black pepper  
1 Tbsp thinly sliced almonds

Wash, dry, and tear the lettuce into bite-sized pieces. Add to a bowl with the carrot, onion, beans, and tomatoes. Whisk together the mustard, vinegar, olive oil, and black pepper. Pour over the vegetables and toss. Top with sliced almonds.



**Per serving:** 183 calories, 5 g protein, 20 g carbohydrate, 10 g fat (7 g monounsaturated fat, 1 g saturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 7 g fiber, 181 mg sodium

### **Blueberry Barley Yogurt**

*Makes 2 servings*

- 1 C low-fat or nonfat vanilla yogurt
- 1 C cooked barley
- Dash cinnamon
- 1 C fresh or frozen blueberries, unsweetened

In a small bowl, combine the yogurt and barley. Sprinkle cinnamon over top. Divide between two dessert dishes. Top each with ½ C blueberries.

**Per serving:** 183 calories, 6 g protein, 40 g carbohydrate, 0 g fat, 3 mg cholesterol, 5 g fiber, 77 mg sodium

### **Additional nutrition resources:**



[www.navyfitness.org](http://www.navyfitness.org)

[www.hprc-online.org](http://www.hprc-online.org)

[www.commissaries.com](http://www.commissaries.com)

[www.ods.od.nih.gov](http://www.ods.od.nih.gov)

[www.med.navy.mil](http://www.med.navy.mil)

