



# Your guide to healthy eating



# Dear valued member,

Your health is important to us, and making good choices about the food you eat is one of the most important ways for you to improve or maintain good health. Your Member Care Management team is proud to provide you with this booklet of information about how to plan for a healthy diet. If you have any questions about this information, please feel free to contact us toll-free at **1-877-222-1240** (TTY 1-800-662-1220) Monday through Friday between 8 a.m. and 4:30 p.m. ET.

If you are already participating in one of our Care Management programs, thank you. If not, you may be eligible to participate in our Member Care Management programs, available at no additional cost as part of your health care benefits. To opt in or out of these programs at any time, please call one of the phone numbers listed above. If you do not wish to receive these materials in the future, please let us know.

Warm regards,

Your Member Care Management Team

The information in this booklet is not meant to replace the guidance of your doctor or any other health care professional. Talk to your doctor before starting a new diet routine or about any specific health concerns.

We do not endorse or recommend any of the name brand products listed in the booklet. The names are provided for general knowledge.









# Healthy snacking



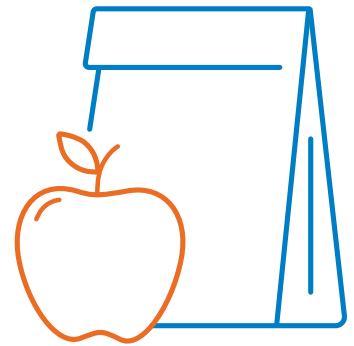
## Reasons to snack

It is important to eat every four to five hours while awake. This helps to keep your metabolism up, prevents an imbalance in blood sugars, helps you to better control portions, and can prevent you from over eating later in the day.

## Making healthy snack choices

Try to focus on high quality foods when snacking. Look for foods that are good sources of protein, healthy fats, fiber, vitamins and minerals. Limit your intake of foods that are lower in quality, high in added sugars, and provide little to no nutrition. Remember, you want to strive for two servings of fruits and three servings of vegetables per day, and snacks can be a great way to increase fruit and vegetable intake!

For an ideal healthy snack, pair one healthy protein option with one healthy carbohydrate option. Try to limit the carbohydrates in your snack to 15 grams (total carbohydrates). This combination of carbohydrates and protein will help you to feel fuller faster and stay satisfied until your next meal or snack.



Choose one ideal protein (1 serving = 6-7 grams)	+	Choose one healthy carb (1 serving = 15 grams)
<ul style="list-style-type: none"><li>• 1 egg</li><li>• 1 ounce cheese, 1 stick, or 1-2 deli slices</li><li>• 1 tablespoon peanut butter</li><li>• ¼-½ cup low-fat cottage cheese</li><li>• ¼ cup hummus</li><li>• 1-2 ounces lean deli meat, turkey, chicken, ham, roast beef, tuna</li></ul>		<ul style="list-style-type: none"><li>• Apple, 1 small</li><li>• Applesauce, unsweetened, ½ cup</li><li>• Baby carrots, 10-15</li><li>• Banana, ½ medium</li><li>• Berries, ¾-1 cup</li><li>• Bread, whole wheat OR rye, 1 slice</li><li>• English muffin, whole-grain, ½</li><li>• Fresh fruit, 1 small piece (tennis ball sized)</li><li>• Graham crackers, 3 squares (1½ crackers)</li><li>• Grapes, 15 (about ½ cup)</li><li>• High fiber (low calorie) granola bar</li><li>• Light popcorn, 3 cups popped OR 1 microwave snack bag</li><li>• Mini rice cakes, 15 OR 2 large rice cakes</li><li>• Pretzels, 12 minis, OR 18-20 sticks OR 1 ounce</li><li>• Raw vegetables, 1 cup</li><li>• Triscuit®, 5 crackers</li><li>• Wheat Thins®, 11 crackers</li></ul>

Some foods contain both carbohydrates and protein, meaning these foods do not need to be paired with another food. These foods are considered combination foods and can be eaten alone!

### Combination foods

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• 6 ounces light regular or Greek yogurt</li><li>• ¼ cup or 1 ounce nuts</li></ul> | <ul style="list-style-type: none"><li>• ¼ cup or 1 ounce soy nuts OR edamame OR dried chickpeas</li><li>• Protein granola bar*</li></ul> |
|--|--|



\*Some good options include: Nature Valley® Protein Bars, Nature Valley® Simple Nut Bars, Fiber One® Protein Bars, Nuts & Spice Kind® Bars, Millville® Protein Chewy Bars, LUNA® 5g Sugar Bars, RxBars®, Lara Bars and Quest® Protein Bars

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# Heart-healthy nutrition



Many diagnosed conditions such as diabetes, high cholesterol, high blood pressure and heart failure include lifestyle changes such as eating a heart-healthy diet as part of their treatment. A heart-healthy diet limits the amount of saturated fat, trans fat, and sodium you consume. Additionally, a heart-healthy diet promotes intake of fiber and heart-healthy (unsaturated) fats. When a heart-healthy diet is prescribed to you by your health care provider, it can seem overwhelming! The following information will help you to better introduce these lifestyle changes, and can help to promote better overall health.

**Total cholesterol:** A type of fat that is found in your blood. Cholesterol has many important uses that help to keep you healthy. Cholesterol is made in the body and also comes from foods you eat (mostly animal products). While cholesterol has many important functions, when your cholesterol levels are too high you are at a greater risk of developing heart disease, heart attack and stroke.

## **To reduce your total cholesterol:**

- 1 Achieve desirable body weight or moderate weight loss (5-10 percent of current weight)
- 2 Reduce saturated fat and trans saturated fat in your diet
- 3 Include heart-healthy unsaturated fats in your diet
- 4 Increase soluble fiber intake

**LDL cholesterol:** Considered the bad cholesterol because it causes cholesterol (fat) or plaque to build up in veins and arteries, which can eventually lead to a blockage. The higher your levels of LDL cholesterol, the higher your risk of developing heart disease, heart attack and stroke.

## **To reduce your LDL cholesterol:**

- 1 Achieve desirable body weight or moderate weight loss (5-10 percent of current weight)
- 2 Reduce saturated fat and trans saturated fat in your diet
- 3 Increase soluble fiber intake

**HDL cholesterol:** Considered the good cholesterol because it carries cholesterol (fat) out of the blood stream before it can damage veins and arteries and lead to plaque buildup. The higher your levels of HDL cholesterol, the lower your risk of developing heart disease, heart attack and stroke. The higher your HDL cholesterol, the better!









## **To increase your HDL cholesterol:**

- 1 Achieve a desirable body weight or moderate weight loss (5-10 percent of current weight)
- 2 Increase your level of physical activity
- 3 If you are a smoker, quitting smoking can increase your HDL cholesterol by up to 10 percent

**Triglycerides:** A type of fat that is found in your blood. Triglyceride levels are most affected by the foods we eat. A diet high in fat, sugar and/or alcohol can increase your level of triglycerides. The higher your levels of triglycerides, the higher your risk of developing heart disease, heart attack and stroke.

## **To reduce your triglycerides:**

- 1 Achieve a desirable body weight or moderate weight loss (5-10 percent of current weight)
- 2 Increase your level of physical activity
- 3 Avoid refined grains and added sugars
- 4 Limit alcohol
- 5 Reduce the amount of saturated fat and trans saturated fat in your diet
- 6 Lower total fat and calories in your diet
- 7 Control portions, especially of carbohydrates
- 8 Increase intake of omega-3s

Nutrients	Sources	Effect on heart health
<b>Saturated fat</b>	<ul style="list-style-type: none"> <li>Fatty meats – beef (T-bone steak, 80/20 hamburger), lamb, pork (ribs), poultry (with skin), bacon, sausage, salami, bologna, hot dogs, organ meats (liver)</li> <li>High fat dairy products – cream, whole and 2 percent milk and cheese</li> <li>Egg yolks</li> <li>Butter, Lard, stick margarine, shortening</li> <li>Plant-based oils – palm, palm kernel and coconut oil</li> </ul>	 LDL cholesterol (BAD cholesterol)
<b>Trans fat</b> (Limit as much as possible!)	<b>“Partially hydrogenated oils”</b> <ul style="list-style-type: none"> <li>Commercially produced baked goods – pastries, biscuits, muffins, cakes, cookies, pies, and doughnuts</li> <li>Fried foods – french fries, fried chicken, chicken nuggets, and breaded and fried fish</li> <li>Pre-packaged snack foods – popcorn, crackers and potato chips</li> <li>Stick margarine and vegetable shortening</li> </ul>	 LDL cholesterol   HDL cholesterol (GOOD cholesterol)
<b>Monounsaturated fat</b>	<ul style="list-style-type: none"> <li>Nuts and seeds – almonds, hazelnuts, peanuts (peanut butter), pecans, pistachios</li> <li>Avocados and olives</li> <li>Fish – especially fatty fish (salmon, tuna, mackerel, herring and trout)</li> <li>Mayonnaise and soft (tub) margarine</li> <li>Oils – canola, olive, peanut and sesame</li> </ul>	 LDL cholesterol   HDL cholesterol
<b>Polyunsaturated fat</b> (Omega 3s)	<ul style="list-style-type: none"> <li>Nuts and seeds – chia seeds, flax seeds (milled), pumpkin seeds, sesame seeds, sunflower seeds and walnuts</li> <li>Wheat germ</li> <li>Soft (tub) margarine</li> <li>Fish and seafood – especially fatty fish (salmon, tuna, mackerel, herring and trout)</li> <li>Oils – corn, flax, safflower, soybean, sunflower</li> </ul>	 LDL cholesterol
<b>Soluble fiber</b> (30-35 grams of total fiber)	<div> <b>Soluble:</b> <ul style="list-style-type: none"> <li>Flaxseeds and chia seeds</li> <li>Fruits and vegetables</li> <li>Legumes (beans, lentils, etc.)</li> <li>Oat-based products</li> <li>Whole grain products</li> </ul> </div> <div> <b>Insoluble:</b> <ul style="list-style-type: none"> <li>Bran</li> <li>Fruits &amp; vegetables</li> <li>Whole grain products</li> </ul> </div>	 LDL cholesterol
<b>Sodium (salt)</b>	<ul style="list-style-type: none"> <li>Canned foods – soup, sauces, gravy, vegetables, broth/stock</li> <li>Frozen foods – entrees, dinners, or vegetables with sauces</li> <li>Snack foods – chips, popcorn, pretzels, and crackers</li> <li>Instant/quick cooking foods – seasoned noodles or rice, stuffing mix, macaroni and cheese, potatoes and cereals</li> <li>Baking mixes – cornbread, biscuits, cakes and pudding</li> <li>Meats – deli, cured, smoked, or canned</li> <li>Cheese – especially processed varieties (American, Velveeta®, or cheeses in a jar or can)</li> <li>Condiments, sauces and seasoning salts</li> <li>Pickles and olives</li> </ul>	 Blood Pressure



# Low sodium *diet*



The American Heart Association recommends no more than 1,500 milligrams of sodium per day for ideal heart health. Unfortunately, sodium, or salt, is added to nearly all processed foods. Processed foods are foods that come in cans, boxes, or bags that are altered in some way from their original form. Salt is added as a preservative to maintain freshness or to help enhance flavor. It is important to always read food labels when trying to limit sodium in your diet and to try and eat more whole foods (fruits, vegetables, whole grains and lean protein) that have been minimally processed.

**In general, items on the following lists should be limited when following a low sodium diet:**

## High sodium proteins

- Anchovy
- Bacon
- Bologna
- Beef jerky
- Bratwurst
- Breakfast sausage
- Canadian bacon
- Canned chicken
- Canned salmon
- Canned tuna
- Corned beef
- Dried fish
- Dried meat
- Frankfurters
- Frozen breaded chicken and fish
- Frozen grilled/baked chicken and fish
- Frozen meatballs
- Ham
- Herring
- Hot dogs
- Liverwurst
- Lunch/deli meat
- Pastrami
- Pepperoni
- Prosciutto
- Sardines
- Sausage
- Shellfish – clams, crab, lobster, scallops and shrimp
- Smoked salmon
- Smoked white fish
- SPAM®

## High sodium condiments and seasonings

- Barbeque sauce
- Capers
- Celery salt
- Chili sauce
- Curry pastes
- Garlic salt
- Grill seasoning mix
- Hoisin sauce
- Horseradish sauce
- Light salt
- Meat rub
- Meat tenderizer
- Monosodium glutamate (MSG)
- Onion salt
- Ketchup
- Kosher salt
- Plum sauce
- Relish
- Salad dressing
- Seasoning mixes
- Salsa
- Sea salt
- Seasoned salt
- Soy sauce (regular and reduced sodium)
- Steak sauce
- Stir fry mixes and sauces
- Sweet and sour sauce
- Taco sauce
- Taco seasoning mix
- Tamari
- Tartar sauce
- Thai peanut sauce
- Teriyaki sauce
- Worcestershire sauce





### High sodium grains and starches

- Bagels with salted top
- Bread/rolls with salted top
- Boxed flavored rice/couscous
- Canned baked beans
- Canned beans
- Canned lentils
- Croutons
- Frozen potato products
- Instant hot cereals
- Instant mashed potatoes
- Instant rice and noodle dishes
- Shelf-stable rice/grain pouches

### High sodium processed and convenience foods

- Baking mixes
- Biscuit mixes
- Bouillon cubes
- Box/canned broth and stock
- Canned/jarred sauces
- Dehydrated or frozen filled pasta
- Gravy mixes
- Frozen pancakes and waffles
- Frozen dinners
- Frozen appetizers and snacks
- Frozen pizza
- Macaroni & cheese (boxed or frozen)
- Pancake and waffle mix
- Soup – canned, frozen, or dehydrated
- Stuffing mixes

### High sodium beverages

- Electrolyte drinks
- Gatorade®
- POWERADE®
- Propel®
- Tomato juice
- Hot chocolate mix

### High sodium vegetables

- Canned vegetables
- Frozen vegetables with sauce
- Pickles
- Sauerkraut
- Tomatoes – sauce, paste, canned

### High sodium dairy

- American cheese
- Blue cheese
- Buttermilk
- Canned cheese
- Camembert cheese
- Cheese spread
- Cottage cheese
- Feta cheese
- Parmesan cheese
- Roquefort cheese
- Velveeta®

### High sodium snack foods

- Corn chips
- Crackers
- Flavored rice cakes
- Microwave popcorn
- Olives
- Pita chips
- Potato chips
- Pre-popped packaged popcorn
- Pretzels
- Salted nuts and seeds
- Snack mix
- Tortilla chips

## Sodium nutrient claims for food labels

Sometimes, food labels make nutrient claims regarding sodium. But what do they mean? Below are the regulations set by the Food and Drug Administration (FDA) for nutrient claims on food labels regarding sodium content:

Nutrient claim	Amount of sodium PER serving
Sodium or salt free	Less than 5mg
Very low sodium	35mg or less
Low sodium	140mg or less
Reduced sodium	At least 25 percent less sodium than the original version (does not mean low sodium)



## What about salt substitutes?

Salt substitutes often contain **potassium** chloride in place of **sodium** chloride (table salt). While many salt substitutes are acceptable in moderation, excess potassium chloride for those with kidney disease, liver disease, or those with heart problems could result in serious health problems and even death. It is best to check with your physician before using salt substitutes containing potassium chloride.

## What can you use in place of salt to flavor foods

	Herbs and flavoring
<b>Beef</b>	Basil, bay leaf, caraway, curry, dill, dry mustard, fresh mushrooms, garlic, grape jelly, green pepper, mace, marjoram, nutmeg, onion or onion powder, parsley, pepper, rosemary, sage
<b>Chicken</b>	Basil, cloves, cranberries, fresh mushrooms, mace, nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, tarragon, thyme, tomato, turmeric
<b>Eggs</b>	Chervil, curry, dill, dry mustard, fresh mushrooms, garlic or garlic powder, green pepper, nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
<b>Fish</b>	Basil, bay leaf, chervil, curry, dill, dry mustard, fresh mushrooms, green pepper, lemon juice, marjoram, paprika, pepper, tarragon, tomato, turmeric
<b>Lamb</b>	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
<b>Pork</b>	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
<b>Veal</b>	Apricots, basil, bay leaf, currant jelly, curry, fresh mushrooms, ginger, marjoram, oregano, paprika
<b>Vegetables</b>	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, salt-free salad dressing, vinegar



# Pre-diabetes *management*

## What is Pre-diabetes?<sup>1</sup>

- Pre-diabetes occurs when your blood glucose (sugar) levels are higher than normal, but not yet high enough to be diagnosed as diabetes
- Pre-diabetes can also be referred to as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG)
- Having pre-diabetes increases your risk of developing type 2 diabetes, heart disease, and stroke

## Pre-diabetes by the numbers

- According to the Centers for Disease Control and Prevention (CDC)<sup>2</sup>:
  - 84 million adult Americans have pre-diabetes – that is more than one out of every three adults!
  - Nine out of 10 people with pre-diabetes do not even know they have it
  - Without lifestyle changes, 15-30 percent of people with pre-diabetes will develop type 2 diabetes within five years
  - You can cut your risk of developing type 2 diabetes by more than 50 percent by eating healthy, increasing your level of physical activity and losing weight

## What are the risk factors for pre-diabetes?<sup>3</sup>

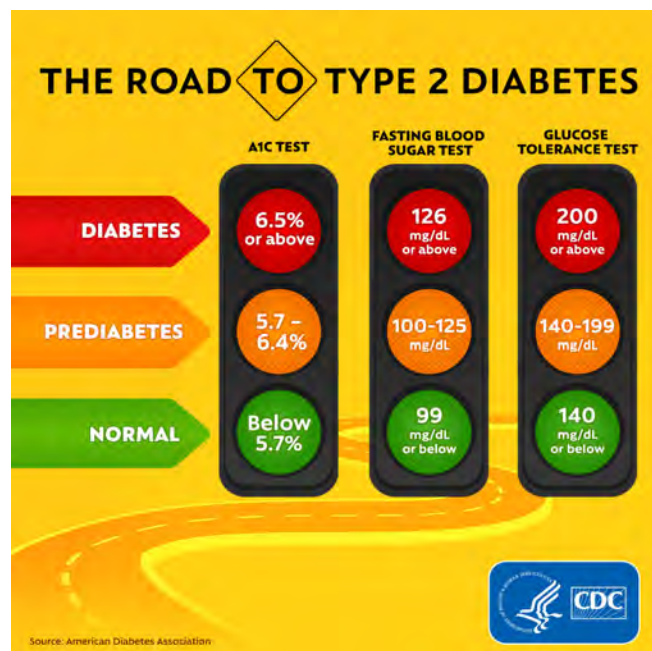
- Being aged 45 or older
- Members of certain ethnic groups experience greater prevalence (including African American, Hispanic/Latino, American Indian, Asian American and Pacific Islander)
- Having a family history of diabetes
- Having high blood pressure or taking medications for high blood pressure
- Being overweight
- Having low HDL cholesterol and/or high triglycerides
- Women previously diagnosed with gestational diabetes and/or gave birth to a child weighing more than nine pounds
- Women who have been diagnosed with Polycystic Ovary Syndrome (PCOS)
- Being physically inactive

## How is pre-diabetes diagnosed?<sup>1, 3</sup>

- There are no clear symptoms for pre-diabetes and many people will have no symptoms at all
- Therefore, a blood test is needed to diagnose pre-diabetes – there are three different tests that can be done
- See diagram below for details

## Benefits of early detection<sup>1</sup>

- For some individuals, early detection of pre-diabetes and implementation of lifestyle changes can actually return blood glucose levels back to the normal range
- For others, lifestyle changes can increase the amount of time before you are diagnosed with type 2 diabetes (or keep you in the pre-diabetic range and prevent a diagnosis with type 2 diabetes)



[cdc.gov/diabetes/basics/getting-tested.html](https://cdc.gov/diabetes/basics/getting-tested.html)



## Ways to improve blood glucose (sugars)<sup>1, 2, 3</sup>

### Eat a healthy and balanced diet

- Eat within 1-2 hours of waking and every 4-5 hours after that
- Increase intake of fiber with whole grains, fruits, vegetables and legumes
- Limit/eliminate sugary drinks and always make sure to drink plenty of water
- Control your portions – especially of carbohydrate foods
- Limit added sugars in foods like cookies, candy, baked goods and ice cream
- Read food labels! Some foods that appear healthy actually have a great deal of added sugars – like yogurt, cereal and granola bars
- Speaking with a registered dietitian can help you determine what dietary changes are needed

### Increase physical activity

- As always make sure you speak with your doctor before starting any new exercise routine
- The goal is moderate exercise (a brisk walk) for 30 minutes a day for five days per week
- If you are not currently active, start slow and gradually work your way up to your goal
- You can break physical activity up into more manageable sessions (three 10 minutes walks each day)
- Remember, when it comes to physical activity something is always better than nothing

### Lose weight

- Only moderate weight loss is needed to see improvements in blood glucose levels and to prevent or delay diagnosis of type 2 diabetes
- If you are overweight, losing just 7 percent of your total weight can prevent or delay a diagnosis of type 2 diabetes (for example, if you are 200 pounds your goal would be to lose 14 pounds)

<sup>1</sup> [diabetes.org/diabetes-basics/diagnosis/](https://diabetes.org/diabetes-basics/diagnosis/)

<sup>2</sup> [cdc.gov/diabetes/prevention-type-2/index.html](https://cdc.gov/diabetes/prevention-type-2/index.html)

<sup>3</sup> [niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/game-plan](https://niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/game-plan)



# Carbohydrate sources



Carbohydrates are found in the majority of foods that we eat. When eaten, carbohydrates are broken down into glucose or sugar in the body. The most important things to remember when selecting foods that contain carbohydrates are the **quality** and **quantity** of these foods.

**Quality:** High-quality carbohydrates are close to their original form (unprocessed foods) and are good sources of fiber. High-quality carbohydrates include whole grains and fruits, and are broken down slowly in the body. Low-quality carbohydrates are processed foods that often contain added sugars, with little to no fiber or nutritional value. Low-quality carbohydrates include refined grains and sweets, and are broken down quickly in the body.

**Quantity:** The quantity, or portion, of all carbohydrates is always important (even if they are high quality). Talk to your registered dietitian to find out how many carbohydrates you should be eating at meals and snacks.

<b>Grains</b>	Bagels, barley, biscuits, bread, breakfast cereal, buckwheat, bulgur (cracked-wheat), buns/rolls, cornbread, couscous, crackers, English muffins, farro, freekeh, grits, millet, oats/oatmeal, pancakes, pastas/noodles, pita, popcorn, pretzels, quinoa, rice, rye, spelt, tortillas/wraps, waffles  *Note: Select whole grains when possible, check the food label for 3 or more grams of fiber and the word "whole"
<b>Fruits</b>	Apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, grapes, grapefruit, honeydew, kiwi, mangoes, nectarines, oranges, papaya, peaches, pears, pineapples, plums, raspberries, strawberries, tangerines, watermelon  *Note: All fruits contain carbohydrates, but dried fruits contain more carbohydrates by weight
<b>Starchy vegetables</b>	Corn, lima beans, peas, potatoes (white or sweet), winter squash (acorn, butternut)  *Note: All other vegetables are considered non-starchy and contain very little carbohydrates
<b>Dairy</b>	Almond milk (sweetened), cashew milk (sweetened), coconut milk (sweetened), cow's milk (all varieties), goat's milk (all varieties), rice milk (all varieties), soymilk (sweetened), yogurt (all varieties)  *Note: Unsweetened varieties of almond, cashew, coconut, and soymilk are much lower in carbohydrates
<b>Legumes</b>	Black beans, black-eyed peas, chickpeas (garbanzo beans), kidney beans, lentils, navy beans, pinto beans, soy beans (edamame), split peas, white beans  *Note: While all legumes contain carbohydrates, they also contain fiber and protein
<b>Nuts and seeds</b>	Almonds, almond butter, brazil nuts, cashews, cashew butter, hazelnuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, sunflower seed butter, walnuts  *Note: All nuts and seeds contain a small amount of carbohydrates, they also contain protein, fiber and healthy fats
<b>Sweets</b>	Brownies, cakes, candies, chocolate, chocolate spreads, cookies, doughnuts, flavored waters, frozen yogurt, gelatin desserts, gelato, gummies, honey, ice cream, jams/jellies, juice, muffins, pastries, pies, puddings, regular pop/soda, scones, sherbet, sports drinks, sweetened teas, syrup, wafers  *Note: These foods contain a great deal of simple/added sugars; limit as much as possible



## Types of carbohydrate foods

**Green foods** are “anytime foods.” They are part of a healthy diet and are low in carbohydrates.

**Yellow foods** are “sometimes foods,” These are still healthy foods that give us necessary nutrition, but are high in carbohydrates. Portion control is key for these foods.

**Orange foods** are simple carbohydrates that contain little to no fiber and should be greatly limited.

**Red foods** are “rarely foods” with limited nutritional value. They are high in carbohydrates and often high in sugar. These foods should be avoided.

<b>Green foods</b>	<p><b>Lean proteins</b> – chicken, turkey, pork chops, pork loin, ham, 90% lean ground beef, seafood and fish</p> <p><b>Non-starchy vegetables</b> – artichoke, asparagus, bamboo shoots, green beans, wax beans, bean sprouts, beets, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, eggplant, collard greens, kale, leeks, mushrooms, okra, onions, pea pods, peppers, radishes, lettuce, romaine, watercress, endive, spinach, arugula, sprouts, summer squash, spaghetti squash, zucchini, sugar snap peas, swiss chard, tomato, turnips, water chestnuts</p>
<b>Yellow foods</b>	<p><b>Grains</b> – barley, whole grain bread, rye bread, buckwheat, bulgur, whole-grain rolls/buns, whole grain/wheat crackers, whole grain/wheat English muffins, faro, freekeh, millet, oats, whole grain/wheat pastas/noodles, whole grain/wheat pita, popcorn, quinoa, brown/wild rice, whole grain/wheat wraps</p> <p><b>Fruits</b> – apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, grapes, grapefruit, honeydew, kiwi, mangoes, nectarines, oranges, papaya, peaches, pears, pineapples, plums, raspberries, strawberries, tangerines, watermelon</p> <p><b>Starchy vegetables</b> – corn, lima beans, peas, potatoes (white or sweet), winter squash (acorn, butternut)</p> <p><b>Dairy</b> – unsweetened plant-based milks (almonds, cashew, coconut, oat, rice, soy), low-fat cow's milk, low-fat goat's milk, low-fat yogurt</p> <p><b>Legumes</b> – black beans, black-eyed peas, chickpeas (garbanzo beans), kidney beans, lentils, navy beans, pinto beans, soy beans (edamame), split peas, white beans</p> <p><b>Nuts and Seeds</b> – almonds, almond butter, brazil nuts, cashews, cashew butter, hazelnuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, sunflower seed butter, walnuts</p>
<b>Orange foods</b>	<p><b>Grains</b> – white bagels, biscuits, white bread, breakfast cereal, white buns/rolls, cornbread, couscous, crackers, English muffins, grits, millet, sweetened oats/oatmeal, pancakes, white pastas/noodles, white pita, pretzels, white rice, white tortillas/wraps, waffles</p>
<b>Red foods</b>	<p><b>Sweets</b> – brownies, cakes, candies, chocolate, chocolate spreads, cookies, doughnuts, flavored waters, frozen yogurt, gelatin desserts, gelato, gummies, honey, ice cream, jams/jellies, juice, muffins, pastries, pies, puddings, regular pop/soda, scones, sherbet, sports drinks, sweetened teas, syrup, wafers</p>

# Sample meal plan



The following sample meal plan is meant to serve as a tool to make healthy eating easier! To get the full benefit from this plan, you will need to consult with your registered dietitian (RD) for guidance and individualized goals. Your RD will help you to determine how many servings from each food group you need for each meal, and where and when snacks may fit into your individualized plan.

Breakfast	Lunch	Dinner
<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 slice whole grain bread</li> <li>• 1 mini whole grain bagel</li> <li>• 1/2 English muffin</li> <li>• 1/2 cup potato (diced or hash brown)</li> <li>• 1/2 cup cooked oatmeal or cooked grits</li> <li>• 1 cup fat-free or 1 percent milk</li> <li>• 6 ounces or 2/3 cup low-fat/low-sugar yogurt*</li> <li>• 1 cup chopped/sliced fruit</li> <li>• 1 small piece of fruit</li> </ul>	<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 slice whole grain bread</li> <li>• 1/2 hamburger or hot dog roll</li> <li>• 1/3 cup cooked wheat pasta or brown rice</li> <li>• 1 wheat tortilla or wrap (6 inches across)</li> <li>• 5-7 whole grain crackers</li> <li>• 1 cup fat free or 1 percent milk</li> <li>• 6 ounces or 2/3 cup low-fat/low-sugar yogurt*</li> <li>• 1 cup chopped/sliced fruit</li> <li>• 1 small piece of fruit</li> </ul>	<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 slice whole grain bread</li> <li>• 1/2 hamburger or hot dog roll</li> <li>• 1 whole wheat dinner roll</li> <li>• 1/3 cup cooked wheat pasta or brown rice</li> <li>• 1 wheat tortilla or wrap (6 inches across)</li> <li>• 1 cup fat free or 1 percent milk</li> <li>• 3/4 cup winter squash</li> <li>• 1/2 cup corn, peas, or potato (white or sweet)</li> <li>• 1/2 medium (2 1/2 inch diameter) baked potato</li> </ul>
<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• 1 ounce or 1/4 cup nuts (unsalted)</li> <li>• 1 ounce lean meat</li> <li>• 1 ounce or 1-2 deli slices hard cheese*</li> <li>• 1/4 cup shredded cheese*</li> <li>• 1/2 cup cottage cheese</li> </ul> <p>Always feel free to add non-starchy vegetables to your breakfast meal as well!!</p>	<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• 1/2 cup cooked beans, peas, lentils**</li> <li>• 1 ounce or 1/4 cup nuts (unsalted)</li> <li>• 1 ounce lean meat or fish</li> <li>• 1/4 cup hummus</li> <li>• 1 ounce or 1-2 deli slices hard cheese*</li> <li>• 1/4 cup shredded cheese*</li> <li>• 1/2 cup cottage cheese</li> </ul>	<b>Grains or dairy or fruit</b> <b>PICK _____</b> <ul style="list-style-type: none"> <li>• 1 ounce lean meat or fish</li> <li>• 1/2 cup cooked beans, peas, lentils**</li> <li>• 1 egg</li> <li>• 1 ounce or 1-2 deli slices hard cheese</li> <li>• 1/4 cup shredded cheese*</li> <li>• 1/4 cup hummus</li> </ul>
	<b>Non-starchy vegetable</b> <b>PICK 1 or more</b> <ul style="list-style-type: none"> <li>• 1 cup cooked or raw</li> <li>• 2 cups raw leafy greens</li> </ul>	<b>Non-starchy vegetable</b> <b>PICK 2 or more</b> <ul style="list-style-type: none"> <li>• 1 cup cooked or raw</li> <li>• 2 cups raw leafy greens</li> </ul>

\* Limit these options to 1 serving per meal

\*\* Beans, peas, lentils contain both protein and carbohydrates – if selected subtract one serving from grains, dairy, fruit, or starchy vegetables to make sure you are not eating too many carbohydrates





# Food and carbohydrate *journal*

Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		

Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		

Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		





Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		

Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		

Date: \_\_\_\_\_

Meal	Food name and amount eaten	Carbohydrates (grams)
Breakfast		
Lunch		
Dinner		
Snack		

