
Meal Planning

Daily Planner

- Plan meals and snacks for your family for one day.
- Be sure to include each of the food groups on your plate.
- Fill half your plate with vegetables and fruits.
- Go easy on the sugars, fats, and salt!
- Think of a snack as a mini-meal.

MEAL PATTERNS

MENU

Morning:

Grains or starches
Fruit/100% Fruit juice
Milk or water
(Egg or lowfat meat may be included)

Healthy mid-morning snack low in sugars, fats, and salt.

Lunch:

Grains or starches
Meat, bean, fish, or poultry
Vegetable
Fruit
Milk or water

Healthy afternoon snack low in sugars, fats, and salt.

Evening:

Grains or starches
Meat, bean, fish, or poultry
Vegetable
Fruit
Milk or water

Healthy evening snack low in sugars, fats, and salt.













How well did you fill your plate?





Save Time

Plan quick-fix meals from foods cooked a day or two earlier!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Fried eggs & rice 		Fruit Salad 			
LUNCH		Chicken Salad 		Fish burger 	Fried rice 		Portuguese bean soup 
DINNER	Rice & Baked Chicken 	Creamed Chicken 	Fruit salad & Fish 	Rice & Pot roast 	Chop Suey 	Portuguese bean soup 	



Aim for a Healthy Lifestyle



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make 1/2 your grains whole.
- Go lean with protein.
- Keep food safe to eat.

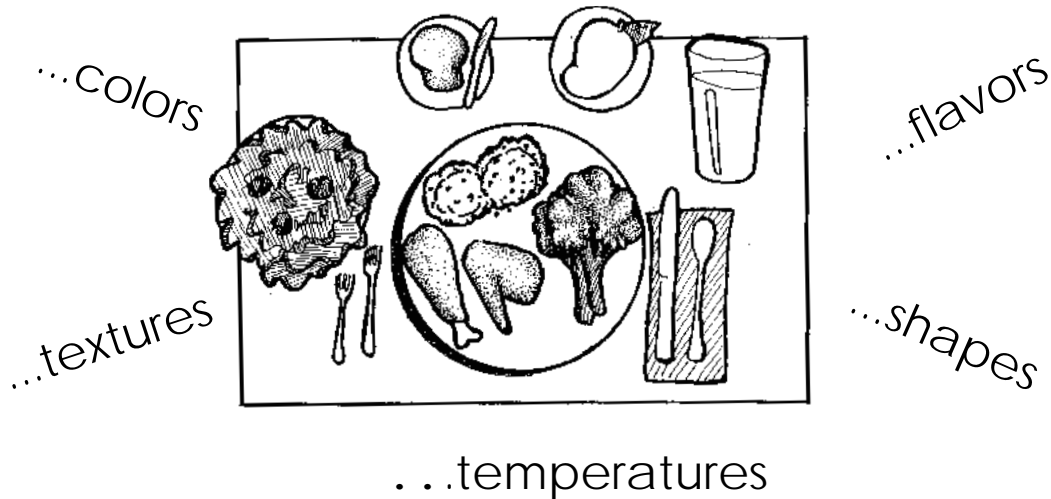
CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.



Make Meals Appealing

Plan meals with foods of different...



Variety in Meals

Consider each of the following tips as you plan meals:

- | | |
|------------------------|---|
| Nutrition | Use MyPlate to help ensure good nutrition. |
| Color | Include foods of different colors in meals. Look for sales on the following, for good contrast at low cost: carrots, oranges, bell peppers, tomatoes, lettuce, spinach, apples, broccoli, red cabbage, sweet potatoes, and papayas. |
| Shape | Vary the shape and size of food pieces: Include chunks, slices, strips, and wedges. |
| Taste or flavor | Use a variety of flavors such as sweet, sour, salty, bland, spicy, or tart. |
| Temperature | Serve foods at the appropriate temperature. Serve foods of various temperatures at each meal. |
| Texture | Serve foods of different textures such as hard, soft, moist, dry, crisp, smooth, or chewy. |

Meal Planning: Use these food lists to help you and your family follow a balanced meal pattern.

PROTECTIVE FOODS — FRUITS AND VEGGIES — CHOOSE A VARIETY OF COLORS

Vegetable Group and Fruit Group

Acerola	Cauliflower	Green bean	Marungay	Pommelo	Tangerine
Apple	Celery	Green pepper	Okra	Pumpkin	Tomato
Apricot	Chayote	Guava	Orange	Seaweed	Turnips
Banana	Cherimoya	Jicama	Papaya	Spinach	Watercress
Bean sprout	Choi sum	Kiwi	Peach	Squash	Watermelon
Bittermelon	Cucumber	Kumquat	Peas	Starfruit	Winged bean
Broccoli	Eggplant	Lettuce	Persimmon	Strawberry	Zucchini
Cabbage	Fresh herbs	Luau Leaf	Pineapple	Sugar snap peas	
Cantaloupe	Grapefruit	Lychee	Pomegranate	Surinam cherry	
Carrot	Grape	Mango	Prickly pear	Tamarind	

BODY BUILDING FOODS - WATCH THE FAT

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group and

Fish	Beef	Beans	Sardines	Milk
Seafood	Pork	Lentils	Salmon	Cheese
Tuna	Chicken	Nuts	Dried fish	Yogurt

ENERGY FOODS - CHOOSE WHOLE GRAINS

Bread, Cereal, Rice and Pasta Group

Bagels	Cornmeal	Macaroni	Soba	<u>Starchy Vegetables:</u>	
Barley	Crackers	Oats	Somen	Breadfruit	Potato
Breads	English muffins	Pita bread	Spaghetti	Green banana	Sweet potato
Bulgur	Look funn	Rice	Tortillas	Poi	Taro
Buns	Long rice	Pancit	Udon		
Cereals	Millet	Saimin	Whole grains		

CAUTION FOODS

Foods high in fats, oils, sweets, sugar, and salt

WATER - A BASIC NUTRIENT

PHYSICAL ACTIVITY

Meal Planning

Recipes

Knowing the recipes you can prepare along with your family's favorite dishes can help you with meal planning. You can be a smart shopper by planning meals according to the food ads and preparing recipes with ingredients that are on sale. Using ingredients that you have at home will also help you save on your food bill.

Using slips of paper or index cards, write a heading on each card like the samples below. On each card, list all of the recipes and dishes you can prepare with these major ingredients.

Recipe Lists

Pork

Pork Tofu
Chow Fun
Pinacbet

Chicken

Parmesan Ch
Roast Chick
Shoyu Chick
Chicken Lon

Vegetables

Vegetable na
Spinach and
Stir Fry Veg

Canned Tuna/Salmon

Cream Tuna
Tuna Salad
Tofu Salad
Tuna Vegeta

Ground Beef/Ground Turkey

Chili
Spaghetti
Beef Bean Casserole
Meat Loaf

Other Categories:

- Salads
- Fruits
- Soups
- Beans
- Canned Foods
- Eggs
- Fish
- Tofu
- Snacks

Now you're ready!

- Keep your lists handy.
- While looking at the sale ads, refer to your lists to help you decide what dishes you can prepare with the foods that are on sale.
- Ask your family what dishes on your lists they would enjoy this week.
- Write down the dishes you are planning to prepare.
- Make a shopping list for the items you need to purchase.
- Add to your recipe lists as you learn to make new dishes.

<p>Vegetables</p>	<p>Fruits</p>	<p>Salads</p>
<p>Snacks</p>	<p>Soups</p>	<p>Beans</p>
<p></p>	<p></p>	<p></p>
<p></p>	<p></p>	<p></p>