

SO WHAT'S FOR DINNER?

Easy ways to get variety and balance on plate

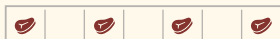


PROTEIN VARIETY

Plan your meals around different proteins for essential nutrients



LEAN RED MEAT

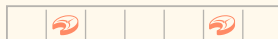


Every second day for iron and zinc

Includes beef, lamb, pork or bison



FISH



Twice a week for omega-3

Includes fresh, canned or smoked



LEGUMES



Twice a week for dietary fiber

Have as a protein or carbohydrate food



EGGS & POULTRY



On other days

Includes your choice of any other protein foods

VEGETABLE VARIETY

Choose at least 3 different colored vegetables — each color provides different nutrients

ORANGE/YELLOW

- Carrots
- Pumpkin
- Sweet Potato
- Corn

RED/PURPLE

- Tomato
- Red Cabbage
- Beets
- Eggplant
- Bell Pepper

WHITE

- Cauliflower
- Onion
- Fennel
- Mushrooms
- Zucchini
- Celery
- Cabbage
- Cucumber
- Bean Sprouts
- Avocado

GREEN

- Broccoli
- Spinach
- Green Beans
- Zucchini
- Celery
- Asparagus
- Bok Choy
- Peas
- Lettuce
- Brussel Sprouts
- Broccolini
- Kale
- Snow Peas



MEAL VARIETY

Use the **protein** and **vegetable** portion size guides below to make meals with the right amount of meat and vegetables

Serve with your choice of carbohydrate food

Pick from a world of different flavors for a variety of tastes

PROTEIN VARIETY

Alternate between meals with larger and smaller portion sizes using the Protein Portion Size Guide

VEGETABLE VARIETY

Combine 3 portions or equivalent using the Vegetable Portion Size Guide



A WORLD OF FLAVORS

Chinese: Chinese 5-spice, garlic, rice wine, oyster sauce

Thai: garlic, chilies, ginger, lemongrass, Thai basil, fish sauce, lime juice, lite coconut milk

Mexican: garlic, paprika, cumin, chile flakes, coriander

Indian: curry paste, coriander, lime juice, lite coconut milk

CARBOHYDRATE FOODS

Potato, legumes, rice, pasta, noodles, bread or other grains or cereal foods

PROTEIN PORTION SIZE GUIDE

Smaller portion size

Makes 1 serving

1 small steak

1 small chop

1 slice of roast meat

1 small can of fish

½ cup or ¼ can of

legumes

1 egg

Makes 2 servings

1 shank

1 chicken breast

Makes 4 servings

1 lb* ground

1 lb* strips or diced

Larger portion size

Makes 1 serving

1 regular steak

1 chop

1 large fish fillet

7 oz* chicken meat

1 cup of legumes

or 6 oz* of tofu

2 eggs

Makes 2 meals

1 large steak

Makes 5 meals

2 lb* roast or slow

cooked meat cuts

or diced meat

(good for leftover meals)

*raw weight

VEGETABLE PORTION SIZE GUIDE



1 handful

leafy veg or beans or peas



¼ piece

pepper or onion or avocado



2-4 florets or pieces

cauliflower or broccoli or mushrooms



¼ - ½ piece

carrot or zucchini or corn



1-2 slices

pumpkin or eggplant or sweet potato



½ piece

tomato or beet

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Healthy Meals by Cut

A Guide to Iron-Rich Meals



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