



Balancing act. My choices.

Eat balanced meals — follow a plate model

Think 1 • 2 • 3 • +

Create your own balanced breakfast, lunch, and dinner using the plate model.

Nutrient		Example: Lunch	Breakfast	Lunch	Dinner
1.	Low-glycemic carb	Carrots, celery, apple	_____	_____	_____
2.	Protein	Cheddar cheese	_____	_____	_____
3.	Beans or moderate-glycemic carb	Whole-grain crackers	_____	_____	_____
+	Healthy fat	Ranch dressing	_____	_____	_____

1. Low-glycemic carbs

Green/go

Apple
Orange
Berries
Grapes
Watermelon
Plum

Carrots
Peppers
Spinach
Broccoli
Eggplant
Mushrooms

Chickpeas
Lentils
Refried beans
Edamame
Kidney beans
Black beans

2. Proteins

Chicken
Turkey
Turkey ham
Veggie burger

Eggs
Yogurt
Cheese
Tofu

Salmon
Tuna
Shrimp
Cod

3. Moderate-glycemic carbs

Yellow/be careful

Sweet potato
Green peas
Beets

Brown rice
Butternut squash
Acorn squash

Whole-grain bread
Whole-grain crackers
High-fiber/low-sugar cereal

+ Healthy fats

Peanut butter
Butter

Olive oil
Italian dressing

Hummus
Guacamole