

## 3-Meal Reference Guide

### What Should I Eat In Each Meal?

- ✓ Have at least 1 item from each of the four food groups (Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives). At least two colors of fruit/vegetable at each meal!
- ✓ A dark green or orange vegetable (broccoli, spinach, carrot)
- ✓ A whole grain choice
- ✓ Lower fat meat, or meat alternative (eggs, chickpeas)
- ✓ Water, milk or 100% fruit juice
- ✓ Foods higher in fat, calories, sugar (not part of four food groups) are absent or only a small portion of my meal

GRAIN	PROTEIN	FRUIT & VEGETABLES	DRINKS	SNACKS
<input type="checkbox"/> Pita	<input type="checkbox"/> Lean deli slices	<input type="checkbox"/> Banana	<input type="checkbox"/> Milk, white or chocolate	<input type="checkbox"/> Yogurt
<input type="checkbox"/> Wrap	<input type="checkbox"/> Chicken, beef, pork	<input type="checkbox"/> Apples	<input type="checkbox"/> 100% fruit juice	<input type="checkbox"/> Granola bar
<input type="checkbox"/> Whole Wheat Bread	<input type="checkbox"/> Tofu	<input type="checkbox"/> Grapes	<input type="checkbox"/> Vegetable juice (V8)	<input type="checkbox"/> Homemade trail mix
<input type="checkbox"/> English Muffin	<input type="checkbox"/> Salmon	<input type="checkbox"/> Pear	<input type="checkbox"/> Yogurt and fruit shakes	<input type="checkbox"/> Raisins
<input type="checkbox"/> Pasta	<input type="checkbox"/> Tuna	<input type="checkbox"/> Strawberries	<input type="checkbox"/> Water	<input type="checkbox"/> Homemade cookies, muffins
<input type="checkbox"/> Rice	<input type="checkbox"/> Eggs	<input type="checkbox"/> Celery		<input type="checkbox"/> Applesauce
<input type="checkbox"/> Noodles	<input type="checkbox"/> Cheese	<input type="checkbox"/> Baby Carrots		
<input type="checkbox"/> Couscous	<input type="checkbox"/> Hummus	<input type="checkbox"/> Cherry Tomatoes		
<input type="checkbox"/> Half bagel	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Spinach		
		<input type="checkbox"/> Corn		
		<input type="checkbox"/> Bell Peppers		
		<input type="checkbox"/> Lettuce		