

Healthy Choices for Meals and Snacks



MEALS: Choose one item from each column.

SNACKS: Choose one item from either carbohydrate column and one from the protein column.

DRY Carbohydrates	WET Carbohydrates	Proteins
100% Whole Wheat Bread	Most Vegetables:	1% or Fat Free Cottage Cheese
Stone-Ground Bread	Choose darker colors more often:	Low Fat Cheese (20% or less milk fat)
Whole Wheat Wraps	Asparagus/Broccoli/Brussels Sprouts/Beets	Almonds, Walnuts, Hazelnuts, Soy Nuts
All Beans (canned or dried)	Carrots/Cucumber/Cabbage	Peanut Butter (all natural is best)
Cereals:	Peppers/Pickles/Peas	1%, Skim or Soy Milk
Kashi Go-Lean	Romain/Radishes/Spinach//Tomatoe/Zucchini	Fruit Yogurt – fat & sugar free
All-Bran	Most Fruits:	Fish (salmon, tuna, sole, seafood, etc.)
Fibre First	Apples	Skinless or Ground Turkey
Oat Bran	Bananas	Skinless or Ground Chicken
Oatmeal (not instant packs)	Blueberries/Blackberries/Raspberries	X-Lean Beef (sirloin, flank, inside round)
Whole Grain Crackers	Any type of Melon	Deli: Oven Roasted Chicken or Turkey
Brown or Wild Rice	Lemons	Veal
Whole Wheat or Kamut Pasta	Grapefruit	Back Bacon
Quinoa	Grapes	Legumes
Corn	Cherries	Eggs
Sweet Potatoes/Yams	Oranges	Tofu
Fruit Yogurt (fat & sugar free)	Peaches/Plums	
	Strawberries	

Drink water every time you eat, before, during and after exercise: at least 8 glasses a day.
 For every glass/cup of caffeine or sugar-containing beverages you drink, drink an extra glass of water.

