

How to Build a Nourishing Family Meal

1

Pick a protein.

Protein is needed for growth and repair, energy, blood sugar control, and many other body processes. It also helps keep you full.

Try to make about 1/4 of the plate or meal protein foods.

Examples: eggs, meat, poultry, fish, tofu, beans/lentils, dairy

4

Add fat.

Fats add flavor and are a source of energy, supply the body with essential nutrients and help with absorption of vitamins. Fat is easily added while cooking or as a topping.

Examples: olive oil, avocado, olives, nuts, seeds, cheese, dressing, mayo, butter

2

Prepare the produce.

Fruits and veggies are full of the vitamins and minerals our bodies need to keep living well. Strive to make half the plate/meal fruits and veggies.

Examples: leafy greens, carrots, green beans, broccoli, cauliflower, peas, squash, onion, peppers, berries, apple, peach, melon, mango, pineapple, citrus, tomato

3

Choose your carbs/starch.

Carbohydrates/starches provide the body with quick energy, fiber, and other nutrients. Try to make about 1/4 of the plate or meal carbs/starchy foods, and choose whole grains and fiber-containing carbs/starches when possible.

Examples: bread, rice, beans, lentils, potatoes, crackers/chips, pasta, oats, cereal

5

Don't forget the fun!

Sauces, herbs, spices, or something sweet can make meal time even more pleasing and fun for the whole family.

