

# Meal Planning Guide

## Two Ways to Plan Healthy Meals

### 1. Portion Plate



Portion of Plate	Food Types	Examples
1/2 plate	Non-starchy vegetables	Broccoli, cauliflower, green beans, carrots, spinach, kale, salad greens, zucchini, bell peppers, cabbage, asparagus, brussels sprouts, cucumbers, celery, mushrooms, tomatoes, eggplant
1/4 plate	Protein	Chicken, turkey, fish, tofu, eggs, no-sugar added cottage cheese, no-sugar added Greek yogurt
1/4 plate	Carbohydrates (Carbs)	Beans, peas, lentils, corn, rice, cereals, grits, plantain, tortillas, quinoa, pasta, potatoes, fruit

**The order you eat your plate matters!**

**When possible, eat non-starchy vegetables first, then protein, then carbs.**

**Three meals, evenly spaced throughout the day, can help with blood sugar and weight management (snacks are optional).**

## 2. Carb Counting

### Carb Counts of Selected Foods

- Bread (1 slice) = 15-20g carbs
- Cooked rice or pasta (1 cup) = 45g carbs
- Milk (1 cup) = 12g carbs
- Beans (1/2 cup) = 20g carbs
- Potato (small, whole) = 30g carbs
- Tortilla (1 medium) = 20g carbs
- Banana (1 medium) = 30g carbs
- Small fruit (like an apple) = 15g carbs
- Can of soda = 38g carbs
- Orange juice (1 cup) = 30g carbs

### Protein Counts of Selected Foods

- Chicken or turkey (4 ounces) = 28g protein
- Fish (4 ounces) = 26g protein
- Eggs (2 large) = 12g protein
- Greek yogurt (1 cup) = 20g protein
- Cottage cheese (1/2 cup) = 14g protein
- Tofu (1/2 cup) = 10g protein
- Beans (1 cup) = 15g protein

1 Check the serving size

2 Keep an eye out for certain fats

3 Count on total carbohydrates (carbs)

4 Get your fiber on

5 Added sugar is less appealing

6 Pack on the protein

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Quick Guide to Healthy Eating Targets

*Nutritional needs can vary per person, but these general targets are a great starting point!*

*Choose foods rich in fiber, lean protein and healthy fats. These foods help stabilize blood sugar levels and keep you feeling fuller for a longer time.*

Nutrient/Group	Recommendation	Notes
Protein	30-40 grams per meal 7 grams or more per snack	Aim for lean or plant-based sources.
Carbohydrates	45 grams or less per meal 15 grams or less per snack	Focus on whole, minimally processed carbs and limit added sugars.
Fiber	25-35 grams per day (when increasing fiber, do it slowly and drink plenty of water.)	Get fiber from non-starchy vegetables, whole grains, beans, lentils, fruit, nuts, seeds.
Sodium	Less than 2300 mg per day	Limit processed foods and restaurant foods.
Non-starchy vegetables	At every meal whenever possible	Fill half your plate with a variety of differently colored vegetables.
Fats	Types of fat matter more than amount of fat.	Choose plant-based fats instead of animal-based fats.