Basic Meal Planning Guidelines

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- Eat something around every 3-4 hours
- Meals should contain at least 3 food groups
- Food groups: vegetables, fruits, dairy, meat/legumes, fats, starches
- Snacks should contain at least 2 food groups
- A carbohydrate (fruit/starch) pairs well with a protein (meat/legumes/dairy) or a fat (nuts/seeds)
- Work towards 5 servings of fruits and vegetables
- More vegetables than fruits



My Plate Guide

Make your plate 1/2 non-starchy vegetables, 1/4 of your plate a healthy carb, 1/4 of your plate lean or plant protein

