



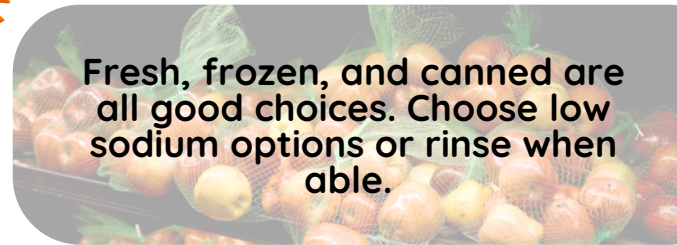
Build a Meal, Step by Step

A healthy meal does not have to be perfect! Begin with ingredients you currently have, choose **at least three food groups** for a balanced meal.



Fruit or Vegetable

These foods add color, fiber, vitamins, minerals, and plant helpers that support metabolic processes.



Fresh, frozen, and canned are all good choices. Choose low sodium options or rinse when able.



Protein Food

Protein helps your body build, fix, and grow. It can also help you feel full longer. Try beans, lentils, eggs, fish, chicken, turkey, lean meat, tofu, nuts, or seeds.

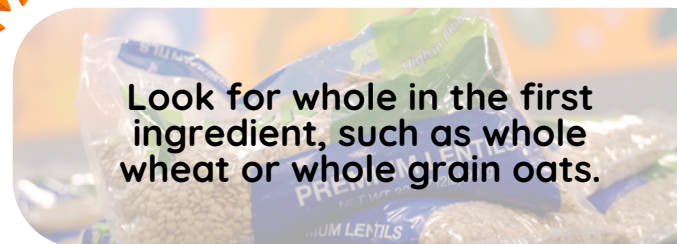


Look for lean, white meat, or packed in water. Trim extra fat when you can.



Grain

Grains give your body energy. Whole grains have more fiber, which helps you feel full.



Look for whole in the first ingredient, such as whole wheat or whole grain oats.



Dairy or Calcium Food

Calcium helps keep bones and teeth strong. Try milk, yogurt, cheese, or calcium foods like fortified soy milk.



Choose low-fat or reduced fat dairy to cut saturated fat while still getting calcium.



Drink

Choose water often. Sweet drinks can have a lot of added sugar.



Add fruit slices, cucumber, or mint for flavor.

Simple tricks to increase nutrient density

Want to get more nutrition from the foods you already enjoy? Check out these simple tricks to increase nutrient density and make every bite count!



Add

More fruits and veggies. Choose a variety of colors.



Rinse

Rinse canned foods to reduce added sugar and salt.



Mix

Beans or lentils can be blended with ground meat to stretch it while adding fiber and protein.



Swap

Choose whole grains more often.



Boost

Add more veggies to sauces, soups, and meals.



Season

Use herbs, spices, and acid (lemon, lime) for big flavor.