

STRUCTURE MEALS FOR HEALTH & WEIGHT LOSS

Variety: Each meal should contain foods from 3 different food groups. These groups are: grains/ fruits & vegetables/ protein foods.

Satiety: To assist with weight control, a meal should be nutritious AND satisfying. You should feel full for several hours after eating. There are a few dietary components that help increase satiety in a meal:

* Protein

* Fiber

* Healthy Fats

Try to include one or more of these components with each meal.

Each of your meals should include a lean protein source, abundant vegetables, a high fiber grain, healthful fats (if needed) and fruit if desired. Think of your plate as sectioned in 3 sections. Half of your plate should be filled with fruits and vegetables. One quarter should contain lean protein foods and the last quarter whole grains. If you feel like you need more to eat then try another helping of vegetables.

