



# MHealthy Nutrition: MANAGE YOUR PORTIONS

## PLANNING SATISFYING MEALS AND SNACKS

Include at least one of these in your meals and snacks

### Fiber

- Increase the portion of non-starchy vegetables, such as broccoli, carrots, greens, cauliflower, cucumbers and peppers.
- Add ½ cup of legumes (black, white, navy, pinto, kidney beans etc.) or lentils to soups, salads or as a side.
- Choose whole grains (brown rice, whole wheat pasta, whole grain breads, quinoa, bulgur, oats)

### Protein

- Have yogurt, low fat milk, eggs or cottage cheese
- Plan for 2-3 ounces of lean protein, such as skinless poultry, fish, and legumes, at lunch and dinner
- Use lower fat cheese, hummus and edamame

### Healthy Fats

- Add small portions of nuts, nut butters, olives and avocados
- Cook with small amounts of olive, canola or peanut oil
- Use light dressings instead of regular or fat free

The Choose My Plate website is a great resource to help you find out how much food from each food group you need for good health and a healthy weight. The site is filled with lots of tips to make healthier food choices.

### Here's what to do:

1. Go to [choosemyplate.gov](https://www.choosemyplate.gov)
2. At the top, under the "Find Resources" menu, click on, "MyPlate Plan."
3. On this page click on, "Start."
4. Fill in your age, sex, height, weight and activity level and click on, "Calculate Food Plan."
5. Click on the blue calorie level given.
6. The MyPlate Plan will provide recommendations for how much food to eat from each food group to maintain your weight as well as a checklist to keep track of how much you are actually eating from each food group.

## QUICK TIPS

- Use smaller plates, bowls, and cups
- Avoid distractions such as TV which makes you less aware of how much you eat
- Stop eating when you feel satisfied, not full, stuffed or bloated
- Measure foods you tend to overeat
- Eat every 4-6 hours to avoid getting overly hungry
- Put less food on your plate
- Leave serving dishes in the kitchen instead of at the table
- Eat slowly, putting your utensil down and sipping water after each bite
- Go "out" for higher calorie foods to avoid tempting leftovers at home