

Healthy Eating

Planning balanced meals

10 Tips for Healthy Eating

1. Start your day with a **lower carbohydrate breakfast**. Keep it simple: Try an egg plus a slice of whole wheat toast with peanut or almond butter.
2. **Space food intake evenly** throughout the day avoiding large single meals.
3. **Small balanced snacks** between meals help control hunger and overeating (vegetables + hummus, cottage cheese + fruit, fruit + nuts).
4. **Include a lean source of protein** at meals and snacks. For example, ¼ cup nuts/ seeds, string cheese, tuna or salmon pouch, chicken breast or hard-boiled egg.
5. **Limit processed foods** such as chips, cookies, and candy, along with convenience packaged foods like instant oatmeal, Rice-a-Roni, ramen noodles and cold breakfast cereal.
6. Choose foods in their **natural form** such as fresh and frozen fruits and vegetables.
7. Select **high quality carbohydrates** at meals: rolled oats, quinoa, brown rice, whole wheat pasta, low carb tortillas, beans or lentils.
8. **Enjoy unlimited vegetables:** broccoli, peppers, cauliflower, lettuce, asparagus, green beans, cucumbers, zucchini, Brussels sprouts, cabbage, onions, bok choy, (Limit portions of starchy vegetables: potatoes, peas and corn.)
9. **Choose water and calorie-free drinks** instead of regular soda, fruit punch, sweet tea, lattes and other sugar-sweetened and calorie-filled drinks.
10. For successful healthy eating, plan meals and snacks **ahead of time**.



Ideas for Healthy Meals and Snacks

Breakfast

- 2 slices whole wheat toast + 2 tablespoons 100% natural nut butter (peanut, almond, sunflower or cashew) + egg
- 1 whole wheat English muffin + natural nut butter + egg + ½ cup berries
- 1 cup cottage cheese or plain unsweetened Greek yogurt + 1 cup berries or melon + ¼ cup nuts (almonds, walnuts, pecans)
- Chicken or vegetable sausage + 1 small piece fruit + 1 plain lite or Greek yogurt
- Vegetable omelet (1 egg + 2 egg whites + 2 tablespoons parmesan cheese + onions, mushroom, peppers, spinach) + 1 toast + 1 cup berries
- Breakfast wrap (1 egg+ 2 egg whites scrambled with vegetables + ½ small avocado in low carb/ high fiber tortilla) + lite yogurt
- Plain old fashioned or steel cut oats (½ cup dry or 1 cup after cooking) + ¼ cup walnuts or 2 tablespoons flax



Lunch

- Sandwich on two slices whole wheat bread with turkey and cheese + large green salad (lettuce, tomato, cucumber, peppers, onion) + 10 whole almonds
- Large green salad + protein (chicken breast or tuna or shrimp or salmon) + soy nuts + balsamic vinaigrette + ½ cup beans + 1 fruit
- Spinach salad (spinach + 3-6 ounces grilled chicken + ½ cup sliced strawberries + ¼ or ½ avocado + ¼ cup garbanzo beans + vinaigrette dressing) + 1 slice whole wheat bread
- Egg salad pita (2 hard-boiled eggs, mashed + 2 tablespoons non-fat mayo or plain yogurt, along with cucumber slices + lettuce + tomato in ½ whole wheat pita) + 1 piece fruit + raw, mixed vegetables
- 1 cup whole wheat noodles + 2 cups stir fried, non-starchy vegetables (green beans, broccoli, cauliflower, onion, pea pods) cooked in olive oil + diced tofu, fish, shrimp or chicken for protein



Dinner

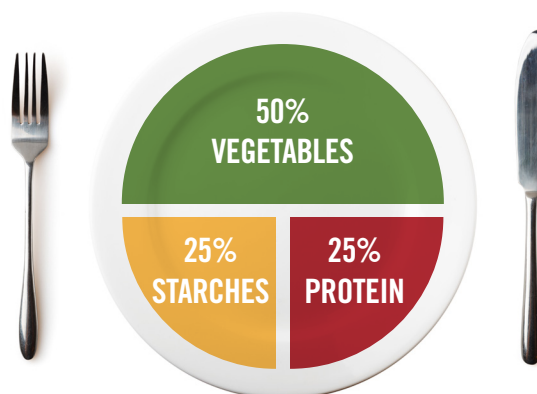
- Fish tacos (3-4 ounces baked cod + 1/3 cup beans + diced avocado + lettuce + salsa, stuffed inside two small corn tortillas)
- Burger (Lean ground turkey or Boca burger + red onion + lettuce + avocado + tomato on sandwich thin) + 2 cups stir fried zucchini + yellow squash sauteed in olive oil + one small fruit
- Lean protein of your choice—fish, chicken breast, beef or pork tenderloin + ¾ cup brown rice, quinoa or 1 cup beans or potatoes + side salad or other non-starchy vegetables
- 1½ cup bean or lentil soup + large garden salad + hard-boiled egg + ¼ or ½ small avocado
- Spaghetti (¾ cup cooked whole wheat pasta + ½ cup marinara sauce + lean meat of your choice—lean ground turkey or beef) + unlimited non-starchy vegetables and/or side salad

Snacks

- 1 small apple with 1 tablespoon natural peanut butter
- Raw vegetables + hummus
- Tuna or chicken salad on Wasa cracker
- Sandwich thin + sliced turkey + avocado slices
- 1 small corn tortilla with ¼ cup beans + salsa
- ½ cup cottage cheese + ¾ cup berries or melon
- 1 light yogurt + 1 tablespoon flax seed
- 1 small orange + ¼ cup nuts (walnuts, pecans, almonds)



A Healthy Balanced Plate



Half your meal should be composed of non-starchy vegetables, one-quarter starch and one-quarter protein.

Contact Valley's Lifestyle Medicine Clinic at 425.690.3520 for nutrition or diabetes management needs.

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