



Enjoying a healthy meal begins long before you sit down to eat. Your stage of life, culture, traditions, preferences, and access to food affect your choices. The following principles will help you *Build A Better Meal!*

Your Plan

- Make small changes to create an eating style that improves your health.
- Include a variety of vegetables, fruits, lean protein, whole grains, and dairy in meals and snacks.
- Check portions and read food labels for information on serving sizes and calories.
- Keep a food journal or try an app to increase awareness of foods eaten, servings and calories.

Your Cart



- Plan your grocery list around planned meals and snacks.
- Group items on your list by their location in the grocery store.
- Stick to your list and avoid marketing that encourages impulse buys.
- Check ads for specials and coupons for items already on your list.
- Don't grocery shop hungry!

Your Plate

- Fill half of your plate with vegetables and fruits.
- A quarter of your plate is for grains—aim for whole grains.
- Choose lean protein for the remaining quarter
- Include low fat dairy with your meal.
- Choose foods low in saturated fat, sodium and added sugar.



Eat Well Most of the Time – Follow these Build a Better Meal principles to fuel your body with necessary nutrients. Pairing wise food choices with more activity helps you feel your best and allows you to enjoy occasional treats. Tips for eating in moderation include: limiting foods you are trying to avoid, eating mindfully, controlling portion sizes, striving for balance, adding variety and planning ahead.

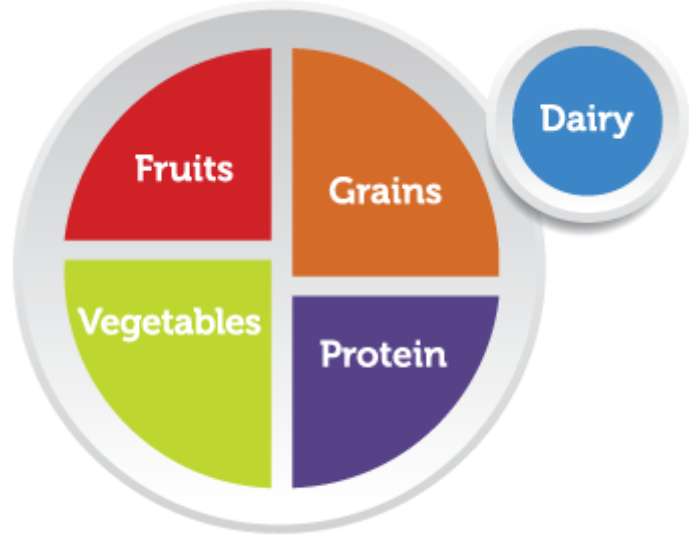


Visit www.commonhealth.virginia.gov for more information.



Your Guide to Building Better Meals, One Choice at a Time

Use your hand as your guide to help balance ALL food groups to build a masterpiece meal!



Fruits

Your fist is about 1 serving of fruit



Dairy

Your thumb is about a serving of hard cheese, sour cream, or cream cheese



Vegetables

Your palm is about 1 serving of cooked veggies and your fist is a serving of raw veggies



Grains

A handful is about a serving of crackers, pretzels, rice, or pasta



Added Fats

Your fingertip is about 1 serving of butter, mayo, or olive oil



Protein

Your palm is about 1 serving of meat, fish, poultry, tofu, or beans

