

Guide To Planning Healthy Meals

(Normal serving size usually is one cup or twice the size indicated on food labels)

Breakfast

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein (optional)
Fat (optional)

Snack

Lunch

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food"

Snack

Dinner

Calcium
Complex Carbohydrates
Fruit or Vegetable
Protein
Fat
"Fun Food"

Snack

Calcium Suggestions

milk, yogurt, cheese, frozen yogurt, tofu

Complex Carbohydrate Suggestions

cereal, bagels, bread, crackers, rice, potatoes, pasta, corn

Fat Suggestions

butter, margarine, peanut butter, cheese, cream cheese, salad dressing, mayonnaise, sauces, muffins, bacon, nuts, egg yolks, fried/sautéed foods, chips, ice cream, some meats

Fruit or Vegetable Suggestions

any fresh, cooked, dried, canned, or juiced fruits or vegetables

"Fun Food" Suggestions

any dessert, cookies, cake, ice cream, pudding, doughnuts, croissants, candy bars, chips, fries, non-diet soda

Protein Suggestions

meat, fish, poultry, cottage cheese, cheese, legumes, tofu, tempeh, eggs, peanut butter

Snack Suggestions

calcium, complex carbohydrates, fruit or vegetable, protein, fat, fun food

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For more information see *The Parent's Guide to Eating Disorders* by Marcia Herrin & Nancy Matsumoto, 2007, Gürze Books

Available at www.gurze.com