

# Balance Well

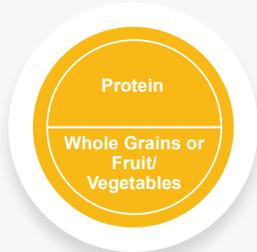
## Balance Your Meals & Snacks with Real Food Challenge

### SNACKS

Snacks without wrappers made up of Real Food keep you energized between meals.

- The Snack Duo pairs a protein with a whole grain, fruit or vegetable

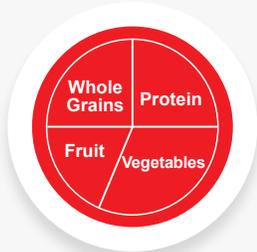
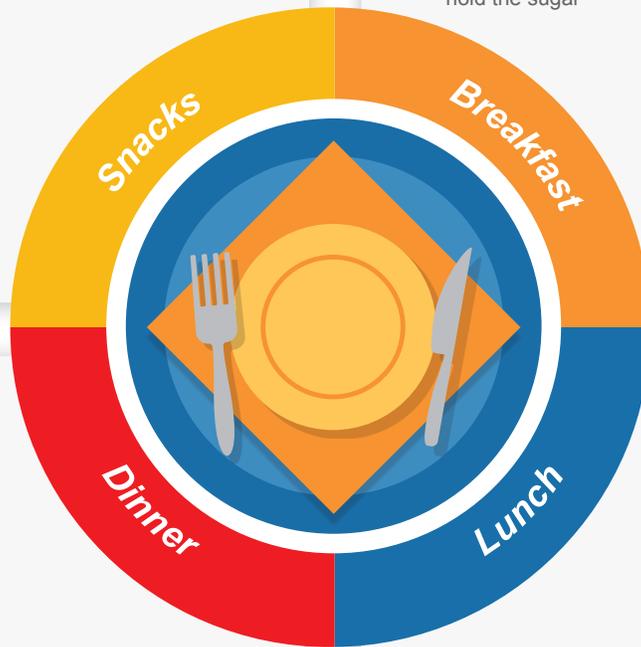
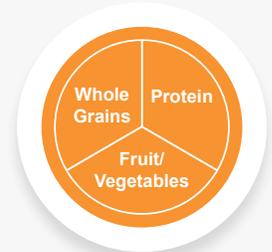
Vegetable or Fruit	Protein
Seasonal fruit	Nuts and seeds
Vegetables	Glass of unflavored milk or soy
Dried fruit	Air-popped corn
Hummus	Nut butters
Salsa	Hard-boiled eggs
Roasted vegetables	Yogurt, cheese, tofu
Salad greens	Whole grain crackers or pita



### BREAKFAST

A healthy breakfast made up of Real Food sustains you until lunch.

- The Breakfast Trio combines protein, whole grains, and a fruit or vegetable
  - Choose protein sources such as eggs, salmon, cottage cheese, plain yogurt
  - For whole grains choose oatmeal, shredded wheat, whole grain toast, corn tortillas
  - Fruits and vegetables can be fresh, frozen or canned
- Create a breakfast bowl with cooked spinach, brown rice, and a poached egg
- Enjoy a glass of milk, cup of tea or coffee with breakfast and hold the sugar



### DINNER

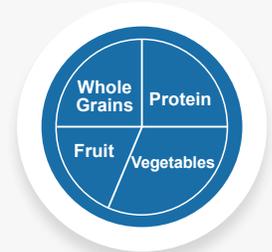
A dinner prepared with Real Food provides energy that sustains you until morning.

- Use the 4 Quadrant Healthy Plate Model and incorporate a healthy fat and beverage
- Choose lean meat and prepare simply using herbs and spices
- Add vegetarian dinners and use dairy, beans, tofu, and whole grains for protein
- Make extra roasted vegetables to add to your dinner salad or lunches later in the week
- Cook extra grains, protein, and vegetables to use as a second meal or for lunch
- For dessert, enjoy seasonal fresh fruit

### LUNCH

A balanced lunch keeps blood sugar stable and helps avoid the afternoon crash.

- Use the 4 Quadrant Healthy Plate Model to build your lunch plate or bowl:
  - ¼ protein – turkey, hard-boiled eggs, beans, hummus, tofu
  - ¼ vegetables – side salad, spinach, squash, green beans, broccoli, edamame
  - ¼ fruits – peach, grapes, orange, apple, pear, melon
  - ¼ whole grains – bread, brown rice, tortilla, pita
- Build a healthy meal out of a salad that includes all 4 food groups
- Slice grilled chicken breasts for sandwiches or salads
- Choose satisfying soups and stews made with vegetables, grains, and protein
- For a healthy fat, use olive oil on salads and add nuts and avocado

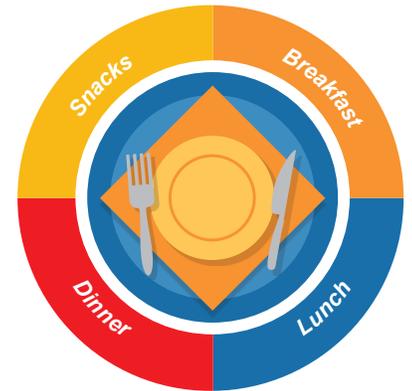


# Balance Your Meals & Snacks with Real Food Challenge



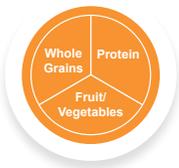
## My Pledge

Whether eating at home or eating out, I pledge to balance my meals and snacks by putting Real Food from the food groups into my meals. I will focus on using The Breakfast Trio, The Healthy Plate Model, and Snack Duo to create meals and snacks made up of Real Food. Starting the first week I will focus on breakfasts. The second week I will continue to prepare balanced breakfasts from Real Food while adding balanced lunches made at home or when eating lunch out. The third week I will add dinners and the final week I will layer on healthy homemade snacks. By the end of the challenge I will be creating balanced meals and snacks from Real Food to Live Well.

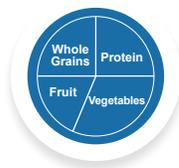


## How the Challenge Works:

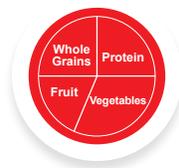
**Jot down some meal and snack ideas** for Breakfast, Lunch, Dinner, and Snacks that you are will to try that incorporate the food groups and are made up of Real Food.



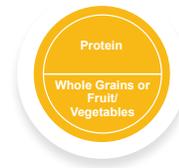
**Breakfast**



**Lunch**



**Dinner**



**Snacks**

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

## Record your Healthy Balance activities:

Use a **check mark** to record the days that you balanced meals and snacks with Real Food — Week 1:  Breakfasts, Week 2:  Breakfasts & Lunches, Week 3:  Breakfasts, Lunches & Dinners, Week 4:  Breakfasts, Lunches, Dinners & Snacks

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>						
WEEK 2	<input type="checkbox"/> <input type="checkbox"/>						
WEEK 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						
WEEK 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>