

Create a Meal (or a snack)

For a snack, choose at least two
For a meal, choose at least three

Snack Idea:
1/2 cup frozen blueberries, 1/2 cup non-fat milk, 1 pkg Splenda
45 cal

1 Great Grains and Starches!
Build energy



Plain, instant oatmeal 1/2 cup = 150 calories	Whole Wheat English Muffin 1 whole = 140 calories	Whole Wheat Bread 1 slice=90 cal	Whole Grain Cereal 1/2 c = 90 cal	Whole Wheat Pasta 1cup=180 cal	Brown Rice 1 cup = 220 cal	Whole Wheat Pita 1/2 pocket=100 cal	Whole Wheat Tortilla 1 medium = 150 calories	Sweet Potato 1 medium = 200 calories	Regular Potato 1 medium = 220 calories	Quinoa 1/2 c cooked = 170cal	Corn, Peas 1/2 c = 70 cal
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Snack Idea:
12oz non-fat latte
1/2 cup grapes
150 cal



2 Protein Power
For muscle maintenance and satisfaction

Fat free milk or calcium fortified soy milk 1 cup=90 cal	Yogurt (fat free) or 150 cal (low-fat) 1 cup=100 cal	Egg 1 large=75c al	"Trim" Cottage Cheese 1/2 cup=85 cal	Kidney, Pinto, Black, navy, garbanzo beans 1/2 c = 150 cal	Chicken Breast or Turkey 3oz=120 cal	Low Fat Cheese (Mozzarella, Swiss) 1oz=110 cal	Tuna or Salmon, Canned in Water or Imitation Crab 1/2 cup=110 calories	Fish—Salmon, trout, halibut, cod, tilapia... 3oz=150 calories	Light Tofu 1 slice =35 cal	Lean Beef cuts (round), lean hamburger (<7%) or venison 3 oz = 150 cal	Pork Tenderloin or Pork Chops 3 oz = 120 cal
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3 Nutrient Score
Eat as many as you can

"Free foods" ...

Blueberries, Raspberries, Strawberries, Blackberries...	Apples, Oranges, Bananas	Peaches, nectarines, apricots	Tomato	Mushrooms	Onions—yellow, sweet, red, green	Green leaf lettuce, romaine, spinach	Spinach, Arugula, Kale, Swiss Chard, bok choy (cooked)	Broccoli, Asparagus, Cauliflower, Cabbage	Carrots, Beets, Parsnips, Turnips	Zucchini, yellow squash	Green, red, yellow peppers
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Snack Idea:
1 cup yogurt
1 sliced apple
150 cal





Snack Idea:
1/4 c Almonds
2 Baby Oranges
200 cal

4 Nutrient Packed Extras
A punch of flavor and nutrients, but also calories/sodium

Walnuts, almonds, pistachios 1/4 cup = 200 calories	Peanut, almond or other nut butter 1T = 95 cal	Jelly, jam or honey 1T=50 calories	Light butter/margarine 1T=50 calories	Mustard, Teriyaki Sauce, ketchup, dill pickles 1T=20 calories	Olives 1/4 c = 45 cal	Avocado 1/4 whole = 70 calories	Fat-free or good fat salad dressing or sandwich spread 1T=50 calories	Marinara or other lower calorie pasta sauce 1/2 c = 120 cal	Olive or Canola Oil 1T = 120 cal	Feta, gorgonzola or bleu cheese crumbles 1oz (1/8c)=75 calories	Bacon, Prosciutto, or other cured meats 1oz = 60 -100 calories
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Snack Idea:
1/2 cup tuna on sliced cucumbers and 1/2 whole wheat pita
210 cal

Meal Ideas...

Breakfast Sandwich Whole Wheat English Muffin 1 Egg Cooked in 1 tsp olive oil topped with 1 slice Tomato 255 cal	Oatmeal Plain oatmeal cooked in Fat Free Milk stirred with Strawberry Jam topped with Blueberries 290 cal	Veggie Tuna Pita Whole Wheat Pita Canned Tuna mixed with Reduced Fat Mayo & mustard and chopped celery, Cucumbers, Tomatoes, Carrots 280 cal	Fajita Whole Wheat Tortilla, Fajita Chicken with Sweet Peppers, Onions, & Asparagus 420 cal	Fish with Tomatoes 1/2 c Brown Rice topped with Tilapia or Halibut cooked with Cannelini Beans, Olives, Tomatoes, Onion, Basil 455 cal	Chicken Quinoa 3 oz Chicken, cooked in 1 T Olive Oil & chopped, mixed with Quinoa, spinach, garlic, onions. 1/2 Sweet Potato 520 cal
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More "free" foods: herbs, seasonings, spices, low-sodium broth, lemon juice, vinegar, hot sauce, taco sauce, soy sauce, salsa, etc. Spice it up!
These are estimates: some products may have slightly different calories. Healthy For Life Weight Management Program: www.benefits.mt.gov/somhealthyforlifeprogram.mcp