

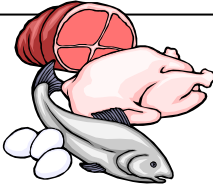
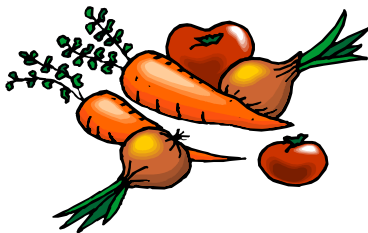
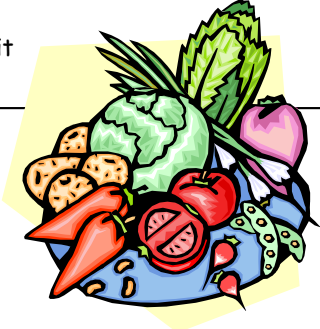
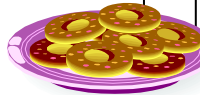


Healthy and Balanced Meal Ideas at Benson

Here are some sample healthy and balanced meal ideas to try at Benson. Remember, the best rule of thumb to follow when trying to change your diet is the "80/20 rule". Try to stick to healthier choices 80% of the time, and then 20% of the time you can go ahead and have that late night burger, fries and mozzarella sticks at the Bronco. Balance means not denying yourself foods you like or labeling foods "good" or "bad".

 <p><u>Breakfast:</u></p> <ul style="list-style-type: none"> ■ Toasted bagel or toast (whole wheat) with peanut butter, piece of fresh fruit, glass of milk ■ High protein, high fiber cereal (i.e. Raisin Bran, Total) with low-fat milk and fruit ■ Oatmeal with fruit or raisins, glass of milk ■ Whole wheat tortilla breakfast wrap with eggs (or Egg Beaters), veggies, may add ham <u>or</u> cheese, milk or yogurt ■ Mixed fruit bowls with yogurt ■ 2 egg omelet (or egg beaters) with veggies and ham (little or no cheese), glass of milk or yogurt 	<p><u>Lunch:</u></p>  <ul style="list-style-type: none"> ❖ Sandwich (Ex: whole wheat bread, light Mayo, chicken or turkey, lettuce and tomatoes). Or, try a veggie sandwich ❖ Bean soup with a side salad (best to stick with <u>broth based</u> soups rather than cream-based) ❖ Large salad, add beans or tofu, use lots of colored veggies ❖ Teriyaki chicken bowls (or veggie bowls), fruit, milk ❖ Veggie or Turkeyburger (no Mayo-based sauces—try BBQ Sauce) & skip the fries, piece of fruit and side salad ❖ Wraps: rice and beans (black beans, not refried) with vegetables and guacamole or salsa (skip the cheese and sour cream). Add grilled chicken & use wheat tortillas. ❖ Chicken and vegetable panini sandwich, fresh fruit, glass of milk
<p><u>Dinner:</u></p>  <ul style="list-style-type: none"> ◆ Baked or broiled fish, rice or baked potato (light on butter), steamed vegetables, fruit salad ◆ Veggie or chicken stir-fry with rice (brown rice if possible), fruit juice or milk ◆ Pasta w/ marinara (red) sauce and green salad w/ beans for protein ◆ Grilled chicken breast sandwich (skip mayo/cheese; add BBQ or honey mustard sauce), steamed vegetables/salad, milk ◆ Rice with steamed vegetables (Verde), side of black beans or salad with beans, fruit ◆ Vegetarian Lasagna with side salad (Verde) ◆ Chicken or veggie wraps on wheat tortilla...skip the cheese and sour cream ◆ Pork chops (esp. pork tenderloin), rice or baked potato, salad or steamed veggies, milk ◆ Bowl of Chili with a salad, milk or yogurt ◆ Baked Potato with veggies and black beans for protein (avoid sour cream), glass of milk, fruit ◆ Grilled chicken breast sliced and tossed over salad with beans, milk 	
<p><u>Snacks:</u></p> <ul style="list-style-type: none"> ● Raw veggies (cherry tomatoes, carrot & celery sticks, cucumber, bell pepper, etc) ● Mixed fruit bowls ● Trail mix (nuts, seeds, dried fruit, i.e., apricots, raisins) ● Cottage cheese with pineapple or other fruit ● Raisin bread or bagel, whole wheat is best ● Peanut butter with celery sticks or toast ● Nutrition bars ● Fruit (dried or fresh) ● Fig newtons, animal or graham crackers ● Pretzels ● Instant oatmeal ● Low-fat yogurt or cheese sticks ● Fruit Smoothies ● Unbuttered popcorn ● Vegetable or tomato juice 	 <p><u>Desserts:</u></p> <ul style="list-style-type: none"> Jell-O pudding Frozen yogurt Fruit parfait Plain cookies (i.e. animal crackers, ginger snaps, vanilla wafers, graham crackers) 

****Recommended Water consumption per day: 64 fl. Oz. (8 glasses)**