

“Decide how you want to feel when you're done eating. Fill your plate or order accordingly.”
– Michelle May

- **Mealtime Salads:** Although lettuce leaves are low-calorie choices, we still need to watch the quantity we're consuming to avoid over-stretching our stomach. The idea is to feel 'satisfied', and not overly 'full'. Add ½ c diced raw veggies or fruit to 2-3 cups lettuce. Next add in your **protein** (2-3oz chicken or fish or very lean red meat, which is the size of a deck of cards; or 1 egg + 1-2 egg whites or ¼ cup nuts). A **high fibre carbohydrate** source is next – *beans and lentils, spelt berries, quinoa,, bulgur, or millet*, ½ c, will slowly release its energy into your blood stream and help prevent the afternoon 'crash'. If you like dried fruit in your salad, add only 1-2 tbsp– its high in kcal and sugar. Dressing should be <40kcal/tbsp.
- **Ryvita crackers or crispbread (2-3) (look near the bakery/bread section if they aren't with the other crackers at the grocery store)** with ½ -1 can tuna or salmon salad (low-fat mayo and plain yogurt work well), 1-2 cups veggies and 2-4tbsp hummus (or low-fat salad dressing) as the dip. *** to boost the protein content of hummus try mixing it with 1% cottage cheese!*
- **Soup** (*add extra veggies* if using the canned variety, choose low sodium), with **2-3 oz protein (about a deck of cards size)** and 4-6 **whole grain crackers** – or 10 to 16 small crackers.
- **Whole grain wrap or 1 high fibre whole wheat pita** with hummus, leftover chicken breast, tzatziki, feta, cucumber, lettuce, red onion and tomatoes. **Note:** you can put anything inside, just make sure it includes a protein and veggies.
- **Sandwich** (aim for 3g fibre or more per slice of bread). Add a protein for the filling and veggies on the side.
- **Leftovers!** – ¼ of the meal (or plate) should be protein based, ¼ should be grains or starches (Fist size -- this includes corn and potatoes), and ½ your meal (plate, or 1-2 cups worth) should be vegetables. Another way of looking at it: your meal should always have **twice as many veggies** as your portion of starch. *You can adjust any casserole to meet this recommendation as well.*
- **Stir Fry:** Place 1-3 cups of the veggies and ½ c meat on the plate first, then top with 1/2 to 1 cup brown rice, steamed pearl barley, quinoa or whole grain noodles. 1/4c nuts and ½- ¾ cup beans may be substituted for the meat, or try adding 1-1.5 cups cottage cheese! (vegetarian alternative).
- **Make a veggie pizza** – spread tomato sauce or pesto on 1 whole wheat high fibre pita, top with a little cheese (try feta or goat!), chicken or steak (any protein will do though), and veggies. Bake the day ahead of time. Eat hot or cold!

Snacks to Maximize Your Body's Potential



**Barrie and Community
Family Health Team**

If you are hungry between meals, aim for a lower calorie, healthy snack. Most individuals can aim for a 100-200kcal snack. If you count carbs, aim for less than 20grams per snack.

- 1 med piece of fruit or 1 cup berries
- 1 Hard boiled egg (add 1 pc of fruit if you are particularly hungry)
- Vegetables (snap peas, cucumber, carrots, celery, mushrooms) with 3-4 tbsp hummus or low-fat salad dressing.
- ¼ cup nuts and seeds (pumpkin seeds, sunflower seeds, and almonds are especially nutritious)
- ½ cup plain greek yogurt + ½ cup blueberries and 1tsp ground flaxseed
- ½ cup 1%MF cottage cheese + 4 med. Strawberries
- 2 squares Lindt dark chocolate + 2 tbsp sunflower seeds OR pumpkin seeds (pepitas)
- 1 string cheese + 1 small apple or pear
- ½ banana + 1 tbsp natural peanut butter or sunflower seed butter
- ½ can tuna or salmon with light mayo wrapped in 2-3 romaine lettuce leaves

How fast do you eat your meals and snacks? Eating too fast can often lead to over-eating. To reduce your portion sizes but still stay satisfied, try slowing down, putting your cutlery down between bites, and chewing your food well.