

BREAKFAST: Jump Start the Day Parfait



- 1 cup fat-free yogurt
- 1 cup sliced strawberries
- ½ cup low-fat granola

LUNCH: Hearty Roast Beef Sandwich

- 2 slices 100% whole-grain bread,
- 3 oz. lean roast beef, 1½ oz. low-fat Colby cheese , 2 slices tomato, 1 tsp. stone-ground mustard, ½ cup low-fat granola

- Side Salad:** 2 cups spinach leaves, ½ cup red pepper slices, 2 Tbsp. balsamic vinaigrette

- Pear Slices:** 1 medium pear, sliced

- Beverage:** 1 cup fat-free or regular milk

DINNER: Salmon with Fruit Salsa

- 3 oz. salmon, baked or grilled, ½ cup diced pine-apple, ½ cup diced mango

Sautéed Green Beans:

- ½ cup green beans, 1 tsp. olive oil

- Rice:** 1 cup cooked brown rice

- Beverage:** 1 cup fat-free or regular milk



* Calcium fortified plan beverages provide calcium but may not provide the other nutrients found in dairy products.

*Adapted from milkmeansmore.org



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Teen MEALS!!

Have MORE

- ◇ Fruits and vegetables
- ◇ Whole Grains
- ◇ Fat-free or Low-fat Dairy
- ◇ Healthy Oils
- ◇ Lean Protein such as seafood and legumes

Have Less

- ◇ Salt
- ◇ Saturated Fats
- ◇ Solid and Trans Fats
- ◇ Added Sugars
- ◇ Fast Food
- ◇ Processed Grains

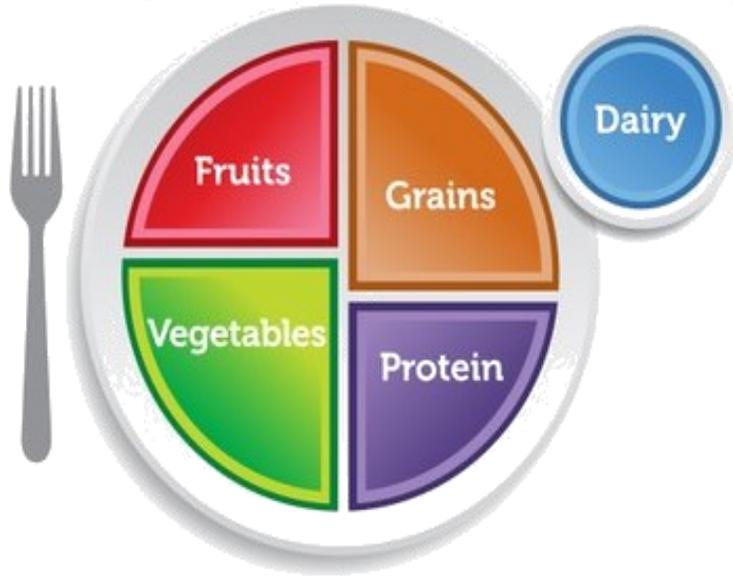


EVERYTHING in MODERATION!

Read the Label!! Be informed about what you're eating...

REMEMBER:

Add natural color to every meal. Eating a rainbow of colors (fruits, vegetables, whole grains, unprocessed meats and cheese) means you're consuming important vitamins and minerals.



Make physical activity a regular part of your day-**EVERY** day!

Being physically active may help relieve stress, lower your risk of chronic diseases, build and maintain healthy bones and muscles, and increase the amount of calories your body burns in order to help maintain a healthy weight.



FRUITS

1½ – 2 cups each day

Make half your plate fruits and vegetables

1 cup fruit is equivalent to:

- ◇ 1 cup berries (raspberries, strawberries, blueberries)
- ◇ 1 medium pears
- ◇ 1 cup canned fruit in fruit juice
- ◇ 1 cup diced cantaloupe or watermelon
- ◇ ¼ cup dried fruit (raisins, blueberries, cranberries)
- ◇ 1 cup 100% juice

VEGETABLES

2–3 cups each day

Make half your plate fruits and vegetables

1 cup vegetable is equivalent to:

- ◇ 1 cup broccoli
- ◇ 2 cups spinach salad
- ◇ 1 cup carrots
- ◇ 1 cup beans or peas
- ◇ 1 cup tomatoes
- ◇ 1 cup vegetable juice

GRAINS

5–8 ounces each day

Make half your grains whole grains

1 ounce grains is equivalent to:

- ◇ 1 small (6" diameter) corn or flour tortilla
- ◇ 1 slice whole wheat bread
- ◇ ½ cup cooked pasta, brown rice, or cooked cereal
- ◇ 1 cup ready-to-eat breakfast cereal
- ◇ 5 whole-grain crackers

DAIRY

3 cups each day

Switch to fat-free, or low-fat (1% milk)

1 cup dairy is equivalent to:

- ◇ 1 cup low-fat yogurt
- ◇ 1½ ounces low-fat Cheddar or string cheese
- ◇ 1 cup fat-free or low-fat milk
- ◇ 2 cups low-fat cottage cheese
- ◇ 1 cup calcium-fortified soy beverage*

PROTEIN

5–6½ ounces each day

Go lean with protein

1 ounce protein is equivalent to:

- ◇ 1 ounce cooked lean meat, poultry, or fish
- ◇ ¼ cup cooked dry beans
- ◇ 1 large egg
- ◇ 1 tablespoon nut butter
- ◇ ½ ounce nuts
- ◇ ¼ cup tofu