4 EASY STEPS TO A BALANCED MEAL

Use this easy guide to help yourself create your own balanced 400- to 600-calorie meal.

1. Pick a variety of **VEGETABLES**
   - Portion size: 2+ cups or size of 2 fists
   - Roasted veggies
   - Tossed salad
   - Steamed veggies
   - Soup

2. Add a **LEAN PROTEIN**
   - Portion size: 4–6 oz, ½ cup, or size of palm of hand
   - Beans/legumes
   - Organic poultry
   - Grass-fed beef
   - Omega-3 eggs
   - Low-mercury seafood

3. Add **WHOLE-GRAINS**
   - Portion size: ½ cup cooked or size of fist
   - Brown rice
   - Quinoa
   - Farro
   - Whole-wheat pasta
   - High-fiber tortilla
   - Sweet potato

4. Include a **HEALTHY FAT**
   - Portion size: 1 serving or size of thumb
   - 2 tsp oil (olive or canola)
   - 1 tbsp seeds
   - 1 tbsp nuts

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