

# HOW TO BUILD A MEAL

## 3 STEPS TO CREATING A NUTRITIOUS MEAL



### STEP 1: THE RIGHT INGREDIENTS



The first step to making a healthy meal is to buy quality ingredients.

The best ingredients are whole foods.

Whole foods are minimally processed and close to how they are found in nature.

For example, a roasted chicken thigh is a whole food. Chicken nuggets that are breaded and shaped like dinosaurs are processed foods.

In order to build healthy meals, stock your kitchen with whole food ingredients first!

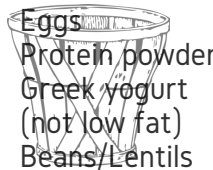
### STEP 2: THE RIGHT COMBINATION

In order to be healthy, we need to eat a balance of proteins, carbohydrates and fats. Meals should also include a variety of colours from fruits and vegetables, which are full of vitamins, minerals, and antioxidants.

To build a balanced meal, pick a food from each "basket". Try to eat a variety of colours from fruits and vegetables throughout the day too. For example, orange from sweet potatoes, purple from blueberries, green from broccoli, and red from tomatoes.

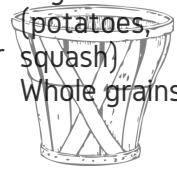
#### PROTEINS

Meat  
Poultry  
Seafood



#### CARB-DENSE FOODS

Fruit  
Starchy vegetables  
(potatoes, squash)  
Whole grains



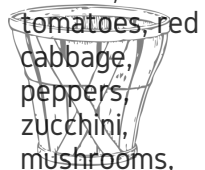
#### FATS

Nuts & Seeds  
Avocado  
Oils  
Butter & Cheese  
Olives



#### COLOURFUL VEGETABLES

Kale, spinach, lettuce, carrots, tomatoes, red cabbage, peppers, zucchini, mushrooms, green beans, etc

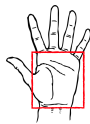


### STEP 3: THE RIGHT AMOUNT

The amount of food on your plate will depend on your age, body size, activity level, and appetite.

If you don't know what size portions to eat, start with this guideline!

At each meal, eat:



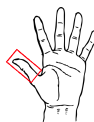
1-2 palm-sized servings of protein



1-2 fist-sized servings of colourful vegetables



1-2 cupped handful-sized servings of carbohydrate dense foods



1-2 thumb-sized servings of fat

Generally, if you eat when you're hungry, and stop when you feel comfortably satisfied (not stuffed!), you will find the right balance of food for your energy needs.

Always listen to your body ;)

