

# Building a Balanced Diet: Sample Meal Plan

Below is a sample of what a well-balanced, nutrient-rich day of eating may look like! Please remember that each person has individual nutrition needs. You don't necessarily have to eat exactly like this for optimal health.



## Breakfast

- 1 cup oatmeal
- 1/2 cup blueberries
- 1 oz almonds
- 1 dash of cinnamon
- 1 cup low-fat or fat-free milk
- 1 cup of coffee



## Dinner

- 4 oz baked salmon with basil
- 1 cup quinoa
- 1 cup green beans cooked with garlic
- 1 cup mixed greens salad
- 1 tsp olive oil mixed with vinegar of choice
- 1 whole wheat dinner roll
- 1 tsp of butter (for roll)
- 1/2 cup of applesauce
- 1 cup of water



## Lunch

- 2 slices whole-wheat bread
- 3 oz turkey slices
- 1/4 cup lettuce for sandwich
- 2 slices tomato for a sandwich
- 2 oz reduced-fat, reduced-sodium cheese
- 1/2 fresh carrot sticks
- 1/4 cup of hummus
- 1 cup unsweetened tea



## Snacks

- 1 cup of low-fat yogurt
  - 1/2 cup of sliced peaches
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- 1 banana
  - 1 cup of milk of choice

# Overall Nutrition Information of a Meal Plan

It's important to remember that nutritional needs vary from person to person. So keep in mind that a healthy meal pattern for you might look a bit different than what we have outlined below.

## Nutrition Information Based on the Meals Provided

**Calories:** 1953

**Protein:** 124g

**Fat:** 58g

**Carbohydrate:** 245g

**Fiber:** 37g

**Vitamin A:** 19141 IU

**Vitamin D:** 237 IU

**Vitamin C:** 79mg

**Probiotic Source:** Yogurt

*\* This meal plan is based on a 2,000 calorie diet.*

**Calories:** On average, calorie needs for adult women range from about 1600-2400 per day. For men, these numbers range from about 2,000-3,000 calories per day. Remember that many factors affect how many calories you need, such as height, weight, gender, age, and activity level.

**Protein:** Your body uses protein to build and repair tissues like muscles, cartilage, and skin. A general recommendation is to include .36g of protein a day per 1 pound of bodyweight.

**Fat:** A small to moderate amount of healthy fats is essential to a balanced diet. Healthy fats help your body digest vitamins A, D, E and K. Aim for 20-35% of your total calories from fats, with a focus on unsaturated fats.

**Carbohydrates:** Carbohydrates are essential to have a well-balanced diet. Carbs provide your body the energy it needs to function! Aim for about 45-65% of your total daily calories to come from carbs.

**Fiber:** Fiber helps keep your GI tract running smoothly and may help manage blood sugar and cholesterol levels. It is recommended to consume between 25-35g of fiber a day.

**Vitamin A:** Vitamin A can be found naturally in many foods. It aids your vision and immune system. It also helps many of your organs work properly.

**Vitamin D:** Vitamin D helps keep bones, teeth, and muscles strong and healthy. A lack of vitamin D can lead to bone-related illnesses.

**Vitamin C:** Vitamin C is needed to grow and repair tissues. Vitamin C gets used to help form an important protein used to make skin, ligaments, and even blood.

**Probiotic:** Probiotics are bacteria that may be beneficial to your health, especially your digestive system. Probiotics help keep your body healthy by fighting off bad bacteria.