Balanced Eating Tips

1. Add fruits and/or vegetables to each meal and snack—make your plate look like MyPlate below.

2. Vary your protein by choosing animal sources (meat, poultry, seafood, and dairy) and non-animal sources (beans, nuts, seeds, and soy products).

3. Incorporate all food groups into the day: fruits, vegetables, grains, protein, and dairy.

4. Don’t skip meals! Eat when you are hungry, and stop when you are full to avoid overeating. You can save the rest for later.

Shopping Tips

1. Meal plan to limit eating out. Plan your meals and make a grocery list before you head to the store.

2. Use the nutrition label to follow serving sizes and choose foods that are best for you.

3. Don’t be afraid to try new foods! Having variety in your diet ensures you are getting all the nutrients you need.

4. When eating grains like bread, pasta, crackers, and cereals, choose the whole grain option. Look for “whole” in the first ingredient.

5. Choose foods that don’t have added sugar as one of the first three ingredients. Some names for added sugar include: sucrose, glucose, cane juice, fructose, molasses, syrup, and honey.

Learn more about Nourishing Minds and how to read a nutrition label: http://wellness.sfsu.edu/nourishing-minds
Always Good**
- Fresh and dried fruits and vegetables
- Frozen fruits and vegetables w/o added sauce
- Unsalted/unseasoned nuts and seeds
- Eggs, plain Greek yogurt
- Uncooked popcorn, unsweetened oatmeal/oats
- Canned protein (tuna, chicken, salmon) in water
- Frozen or uncooked brown rice or quinoa
- Unsalted Trader Joe’s peanut and almond butter
- Canned beans, plain

Salads
- Chinese Inspired Chicken Salad with Dressing
- Citrus Chicken Salad with Dressing
- Cranberry Almond Grain Medley
- Crisp Pasadena Salad with Chicken*
- Five Spice Chicken and Asian Style Noodle Salad with Dressing
- Harvest Grain Salad*
- Reduced Guilt Chicken Salad with White Meat*
- Roasted Butternut Squash, Red Quinoa, and Wheat Berry Salad

Wraps
- Chinese Inspired Chicken Salad Wrap*
- Falafel with hummus and a tahini dipping sauce*
- Eggplant Wrap with Spicy Tahini Sauce*
- Spicy Lentil Wrap with Spicy Tahini Sauce
- Vietnamese Style Chicken Wrap

* Items with multiple servings per container

Meals
- 99% Fat Free Bean and Rice Burrito*
- Black Bean and Cheese Taquitos*
- Black bean & Corn Enchilada*
- Chicken Fried Rice*
- Chicken Goyza Potstickers*
- Coq Au Vin Boneless Skinless Chicken Breast in Red Wine Sauce*
- Greek Style Chicken with Orzo, Spinach, and Feta Cheese*
- Greens, Beans & Grains
- Japanese Style Fried Rice*
- Korma Fish Curry with Basmati Rice
- Melodious Blend*
- Mildly Spiced Organic Vegetable Burritos*
- Multigrain Blend with Vegetables*
- Pesto Tortellini*
- Pork Goyza Potstickers*
- Quinoa Duo with Vegetable Mélange*
- Roasted Vegetable Pizza*
- Seafood Paella*
- Shrimp Soft Tacos
- Shrimp Stir-Fry with gourmet pepper seasoning*
- Spelt Risotto with Vegetables and Chickpeas*
- Superfood Pila*
- Vegetable Biryani with Vegetable Dumplings
- Vegetable Fried Rice*
- Wild Salmon in Yoghurt & Mint Sauce with Orzo Pasta, Spinach & Zucchini

* Items automatically meet guidelines

Soups
- Butternut Squash Soup, boxed*
- Minestrone Soup, canned*
- Carrot Ginger Soup, boxed*
- Chicken Noodle Soup with Veggies, boxed*
- Chicken, Barley, and Vegetable Soup, fresh*
- Creamy Corn & Roasted Pepper Soup, boxed*
- Latin Style Black Bean Soup, boxed*
- Lentil Soup, canned*
- Organic Butternut Squash (low sodium), boxed*
- Organic Hearty Minestrone Soup, fresh*
- Organic Lentil Vegetable Soup, boxed*
- Organic Pea Soup, fresh*
- Organic Split Pea Soup, fresh*
- Organic Vegetable Soup with Quinoa & Kale, fresh*
- Organic Vegetarian Chili, canned*
- Turkey Chili with Beans, canned*

Best Option***
- Sausages:
  - Sundried Tomato Chicken Sausage*
  - Spicy Jalapeno Chicken Sausage*
- Bagged frozen meals: Shiitake Mushroom Chicken*
- Deli meat: Turkey breast, low sodium*

*** Items do not meet guidelines but are the best option if you are choosing foods in that category