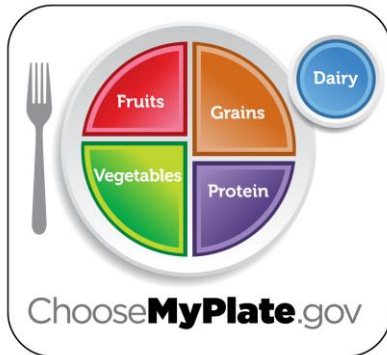


Balanced Eating Tips

- Add fruits and/or vegetables to each meal and snack— make your plate look like MyPlate below.
- Vary your protein by choosing animal sources (meat, poultry, seafood, and dairy) and non-animal sources (beans, nuts, seeds, and soy products).



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

- Meal plan to limit eating out. Plan your meals and make a grocery list before you head to the store.
- Use the nutrition label to follow serving sizes and choose foods that are best for you.
- Don't be afraid to try new foods! Having variety in your diet ensures you are getting all the nutrients you need.
- When eating grains like bread, pasta, crackers, and cereals, choose the whole grain option. Look for "whole" in the first ingredient.
- 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>

Nourishing Minds *at Trader Joe's*

Nourishing Minds helps students choose nutrient-dense foods to stay healthy.



Foods on this handout are Nourishing Minds-approved, and meet guidelines for calories, total fat, saturated fat, and sodium per serving.

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 Pilaf*
- Vegetable Biryani with Vegetable Dumplings
- Vegetable Fried Rice*
- Wild Salmon in Yougurt & 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: Shitake 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