

Balanced Food Plan (Rule of Threes)

The Rule of Threes

- Eat 3 meals and up to 3 snacks every day
- Eat at least every 3 hours
- Eat at least 3 food groups per meal

Tips

- Set a time for your meals and snacks and try to stick to it.
- Plan ahead. Grocery shop with a list. Pack food for work or school.
- Work with your dietitian to adjust your plan based on what your body needs.

Food Group Ideas for Meals and Snacks

Grain/Starch

(About 1 cup or 2 times the serving listed on the food label)

- Bread
- Crackers
- Rice
- Potatoes
- Pasta
- Corn
- Cereal
- Bagels
- Tortilla
- Granola

Calcium Food

(About 1 ounce of cheese or about 1 cup milk, yogurt, tofu, juice)

- Milk
- Yogurt
- Cheese
- Frozen yogurt
- Tofu
- Calcium-fortified juice

Protein

(A piece of meat or fish about the size of palm of hand or $\frac{3}{4}$ cup of eggs, tuna, or beans (at least 20 grams of protein))

- Beef, pork, chicken, turkey, fish
- Eggs
- Greek yogurt (1 cup)
- Cheese or cottage cheese
- Dried beans
- Hummus
- Tofu
- Tempeh
- Nut butters

Fats/Oils

(About 2 teaspoons butter/oil or 1-2 tablespoons sauces, nuts, seeds, cream cheese or avocado)

- Butter or nut butter
- Oil or salad dressing
- Cheese or cream cheese
- Mayo
- Sauces
- Bacon or some meats
- Nuts
- Olives
- Avocado
- Fried or sautéed foods
- Chips

Fruit or Vegetable

(About 1 cup)

Any fresh, cooked, dried, canned, or juiced fruits or vegetables.

“Fun Food”

Any dessert such as, cookies, cake, ice cream, pudding, doughnuts, croissants, candy bars, chips or fries.

Snack Suggestions

One or two choices from any food group.

My Menu Ideas

Time: Breakfast

Grain/Starch

Fruit or Vegetable

Calcium Food

Protein (optional)

Fats/Oils (optional)

Time: Snack

Time: Lunch

Grain/Starch

Fruit or Vegetable

Protein

Fats/Oils

Calcium Food

"Fun Food"

Time: Snack

Time: Dinner

Grain/Starch

Fruit or Vegetable

Protein

Fats/Oils

Calcium

"Fun Food"

Time: Snack

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