

# Cooking For The Time Challenged

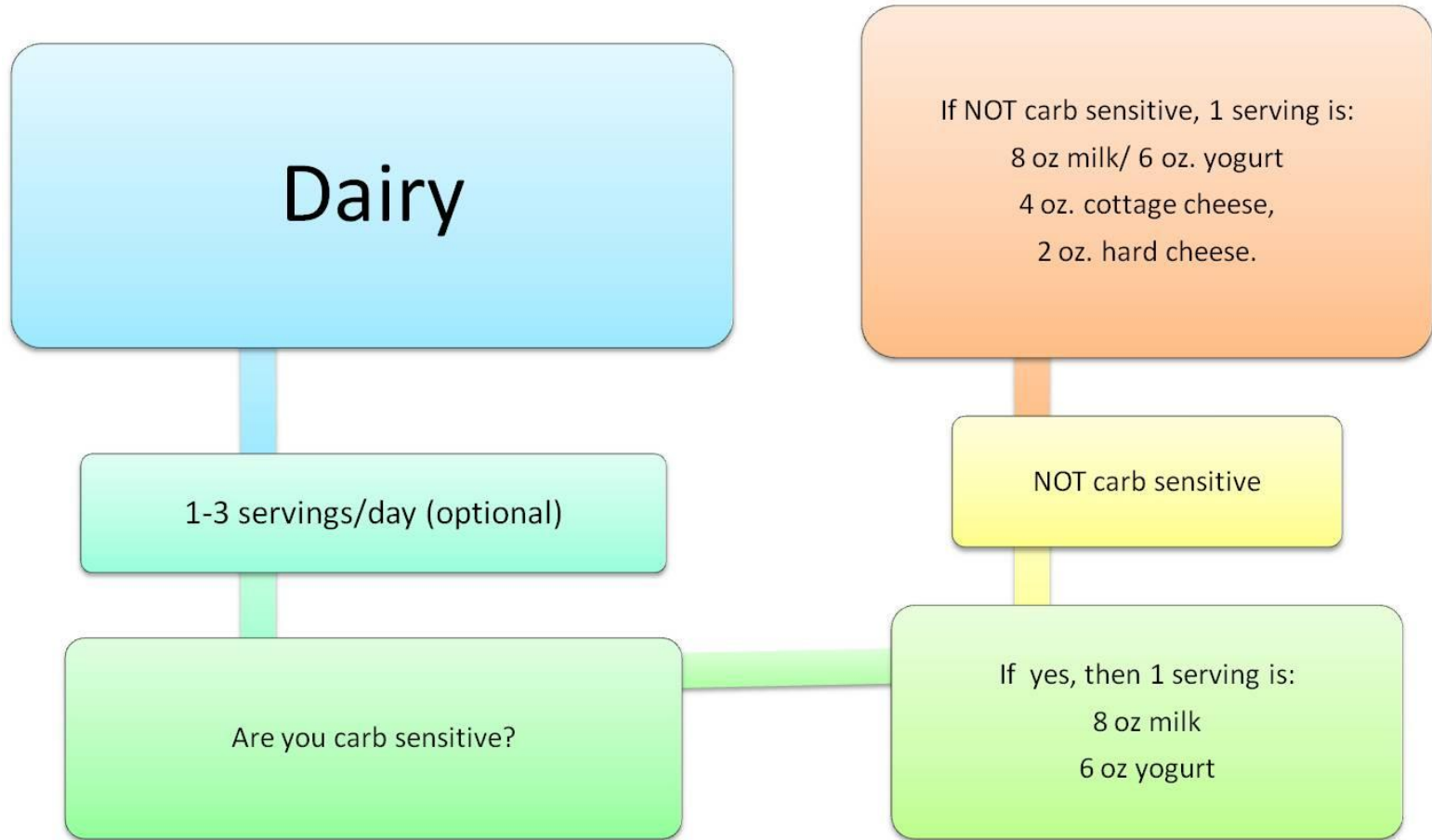
Creating a healthy, unique plan of  
eating

# Principles For Healthy Eating

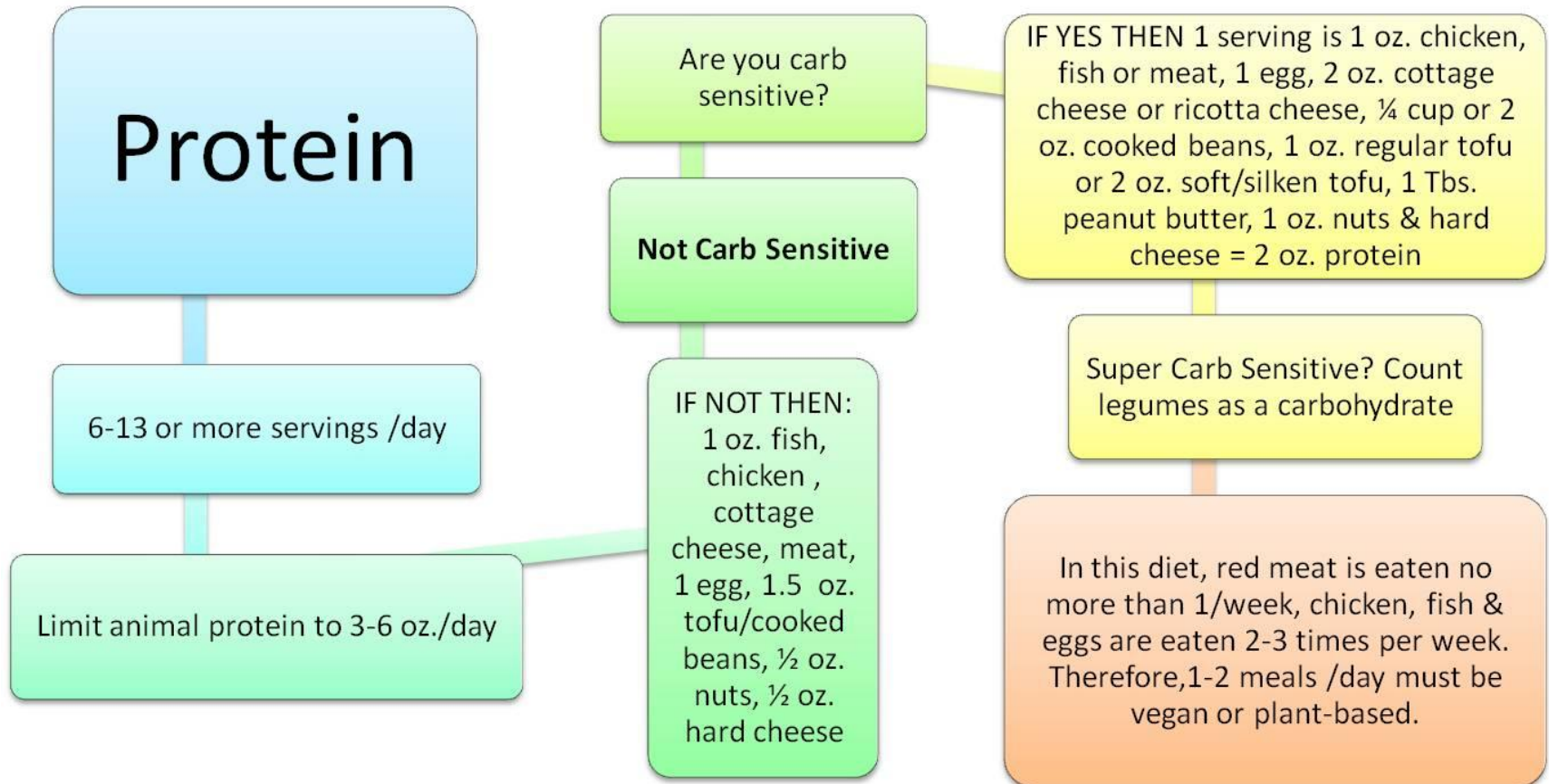
## Principles For Healthy Eating

- Balanced intake of all food groups
- Little or no refined sugars or flours
- Use whole grains
- No artificial flavors, sweeteners,
- No dyes, additives or preservatives
- No hydrogenated oils/fats
- Limit animal protein to <6 oz./day

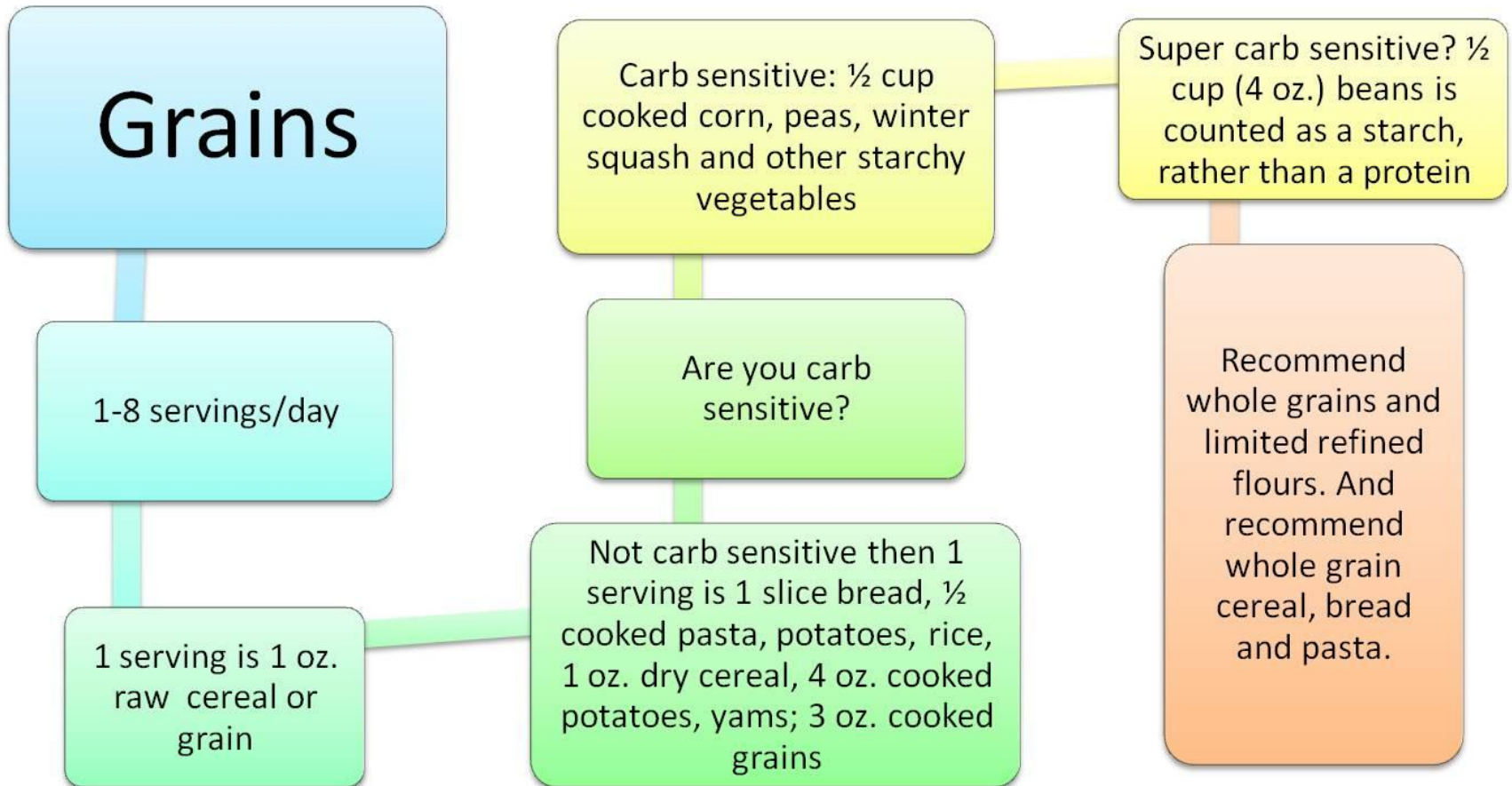
# Dairy Serving Food Exchanges



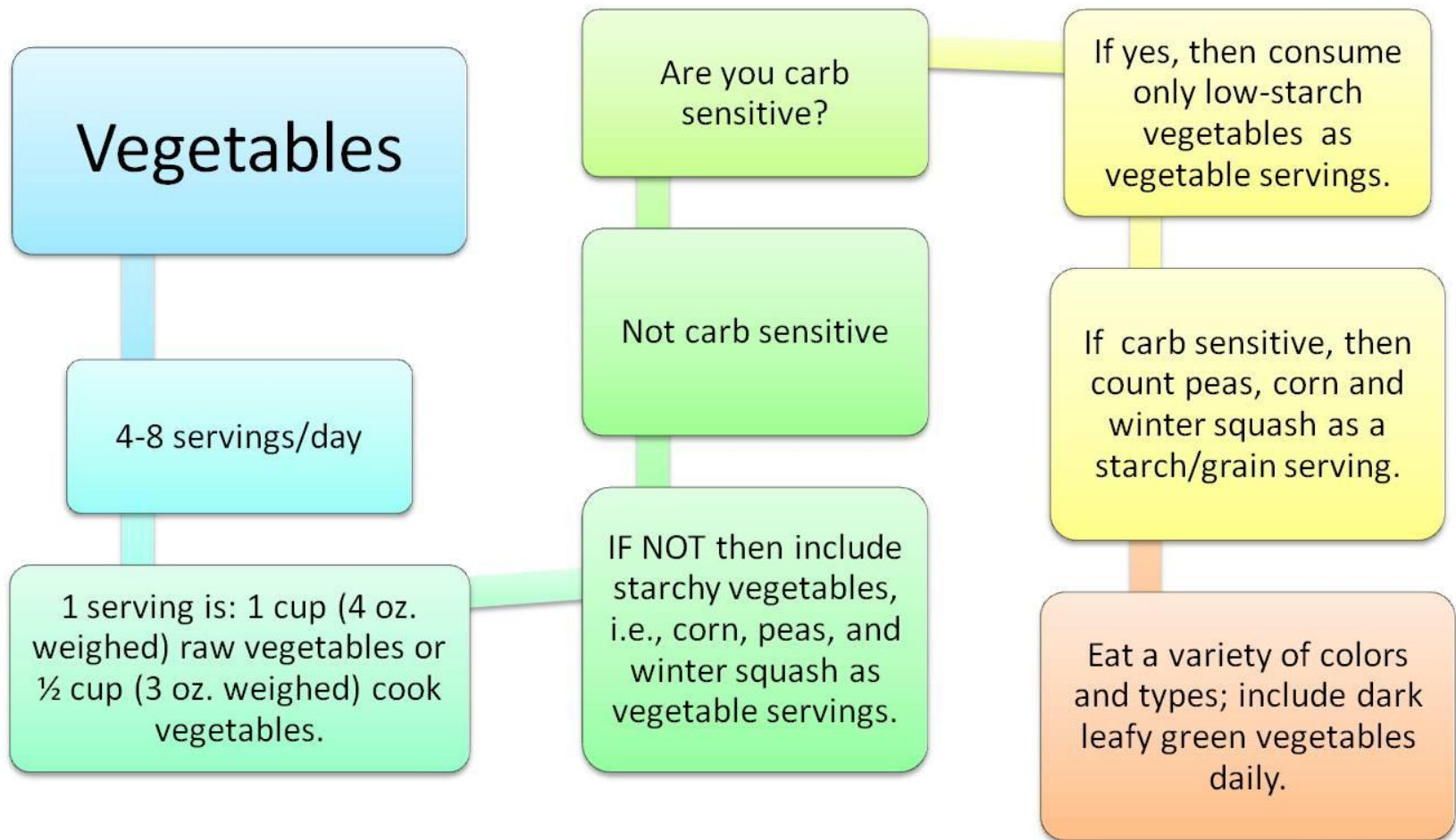
# Protein Serving Food Exchanges



# Grain Serving Food Exchanges

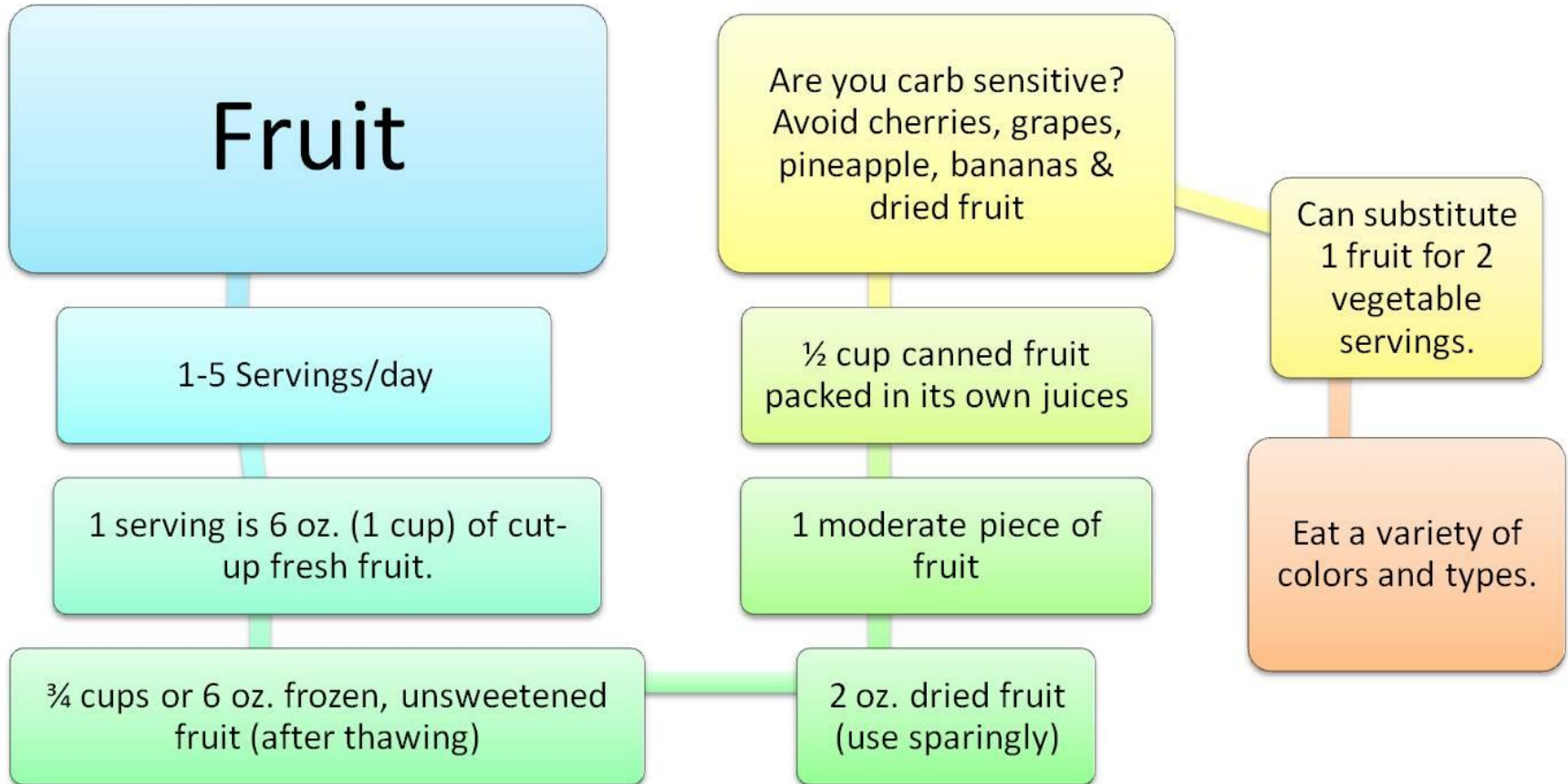


# Vegetable Serving Food Exchanges

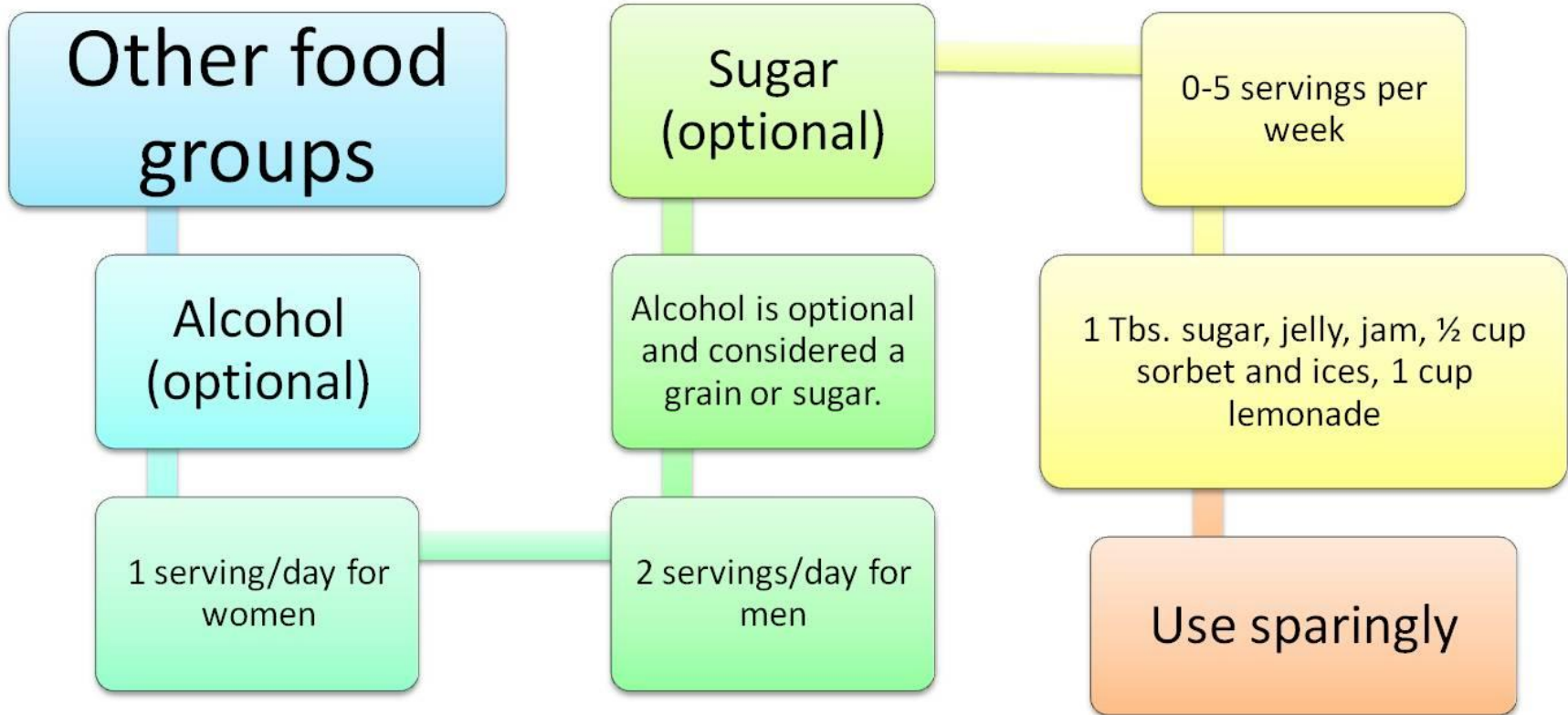




# Fruit Serving Food Exchanges



# Other Food Groups Serving Food Exchanges





# Summary of Daily Recommendations

Summary Of Daily Recommendations Un-Adjusted For Level Of Physical Activity, Age, Height, Gender, Weight	
Dairy (Optional)	1-3 servings/day
Protein	6-13 or more servings /day Limit animal protein to 3-6 oz./day
Vegetables:	4-8 servings/day
Fruit:	1-5 Servings/day
Grains	1-8 servings/day
Fats:	2-3 servings/day.
Can increase, depending on level of physical activity, age, height, gender, weight	

# Basic Food Plan, Unadjusted For Level of Physical Activity, Age, Height, Gender & Weight

Basic Food Plan, Unadjusted for level of physical activity, age, height, gender and weight				
	Breakfast	Lunch (3-6 hours after meal)	Dinner (3-6 hours after meal)	Snack (Optional: If on weight loss, or depending on metabolic needs, this can be added to lunch or dinner.)
Protein	1 (2-6 oz.)	1 (3-6 oz.)	1 (3-6 oz.)	½ protein or 1 dairy (optional)
	Size is dependent on metabolic needs.			
Grain	1- 1 ½ servings	1- 1.5 servings (optional)	1- 1.5 servings (optional)	1- 1.5 servings (optional)
		If on weight loss, and depending on metabolic needs, some people choose to have a grain only at lunch or dinner, or, not at all.		
Dairy	1	1 (optional)	1 (optional)	1 dairy or ½ protein
Fruit	1	1 (optional)	1 (optional)	1 (optional)
		If on weight loss, and depending on carb sensitivity or metabolic needs, some people choose to not eat a fruit at every meal.		
Vegetables		6-8 oz. cooked 6-8 oz. raw	6-8 oz. cooked 6-8 oz. raw	
Fat	1 - 1½ tsp. (optional)	1	1	
		if desired, may have only 1 serving either lunch or dinner		

# Create Your Personalized Plan of Eating

## Create Your Personalized Plan Of Eating

Grain

• 1 2 3 4 5 6 7 8 more

Dairy

• 1 2 3

Protein

• 6 7 8 9 10 11 12 13 more

Fruit

• 1 2 3 4 5

Vegetables

• 4 5 6 7 8 9 10 more

Fat

• 1 2 3 more

Alcohol (optional)

• 1 2 more

Sweets (weekly)

• 1 2 3 4 5

# Create Your Personalized Individual Meal Plan

Individual Meal Plan							
Grain	• 3	4	5	6	7	8	ounces
Dairy	• 1	2	3				
Protein	• 2	3	4	5	6	7	8 ounces
Fruit	• 1	2					
Vegetables	• 4	5	6	7	8	9	10 more
Fat	• 1	2	3	more			
Alcohol (optional)	• 1	2	3	more			
Sweets (weekly)	• 1	2	3	4	5		