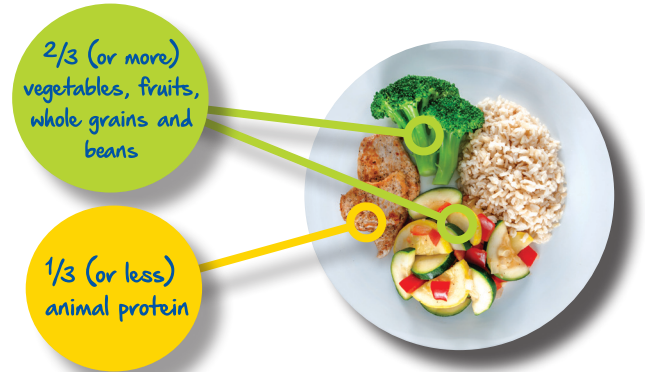


Healthy Eating Checklist

AICR's New American Plate

- Focus on a visual approach to eating for better health
- Choose foods that reduce risk for cancer and other chronic diseases
- Eat sensible portions for healthy weight
- Use proportion for a balanced diet

What's on the New American Plate?



Your Goals to Transition to AICR's New American Plate

Vegetables and Fruits

- First step: At each meal I'll eat at least 1 portion of colorful vegetables or fruit
- Challenges: My goal: I will fill ___ ($\frac{1}{3}$ or $\frac{1}{2}$) of my plate with vegetables at lunch and dinner
- My goal: Eat ___ pieces of fruit or about ___ cups every day
- My goal: I will add extra veggies to soups, stews, salads and casseroles.

Whole Grains (whole-wheat bread and pasta, brown rice, oatmeal, whole-grain cereals)

- First step: I will eat 1 serving of whole grains daily
- Challenges: My goal: I will eat at least ___ servings of whole grain bread, cereal and pasta every day
- My goal: My whole grain portions at meals will most often be 1 or 2 servings (1 oz or $\frac{1}{2}$ cup = 1 serving)

Dairy and Meat

- First step: I will choose reduced fat milk, cheese and yogurt most of the time
- Challenge: My goal: I will choose yogurt with minimal or no added sugar
- First step: I will eat fish, chicken and turkey more often than beef, pork and lamb
- Challenges: My goal: I will choose fish and poultry ___ times per week and limit red meat to 18 oz or less per week
- My goal: I will limit processed meat (bacon, sausage, hot dogs) to special occasions

High Calorie Foods and Beverages

- First step: I will reduce by at least 1 daily, foods and drinks high in added sugar or fat.
- Challenges: My goal: I will choose fruit for dessert most days and choose small portions of other desserts
- My goal: If I eat fast food, I will do so no more than once a week
- My goal: I will drink mostly water or beverages with zero calories
- My goal: If I drink alcohol I will limit it to 1 standard drink per day for women or 2 for men

Beans/Legumes

- First step: I will eat at least 1 serving of beans (kidney, pinto, garbanzo beans or lentils, split peas, tofu) weekly
- Challenge: My goal: I will eat beans or tofu at least ___ times per week

Physical Activity

- First step: I will incorporate 15 minutes of physical activity into my routine every day
- Challenges: My goal: Each week, I'll add 5–10 minutes to my daily activity, until I reach 30–60 minutes daily
- My goal: I will use a pedometer and gradually work up to 10,000 steps daily



New American Plate[®] MEAL PLAN

Better Health • Reduced Risk for Cancer and Other Diseases • Healthy Weight

Meals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 egg, scrambled with ¼ c pepper & onion ½ medium bagel 1 T light cream cheese 6 oz low-sodium vegetable juice	1 c wheat-flake cereal 1 small banana 1 c milk ¾ c grape juice	¾ c cottage cheese ½ c strawberries 1 slice toast ¾ c orange juice	¾ c oatmeal ¼ c blueberries 2 T pecans 6 oz yogurt	1 c raisin bran cereal 1 slice toast 1 T peanut butter 1 c milk 1 medium orange	Smoothie: ½ c frozen berries 6 oz plain yogurt or soft silken tofu ¼ c pineapple juice ½ medium bagel 1 T light cream cheese	2 whole-grain waffles ¼ c plain yogurt ½ c berries 2 T maple syrup ¾ c orange juice
Lunch	1 c green salad 3 oz roasted chicken 1 medium baked potato 2 T light sour cream 1 c roasted red peppers, squash & onion 1 small dinner roll 1 c melon chunks 1 c milk	Chicken sandwich: 2 slices bread 2 oz roast chicken breast 2 tomato slices 2 t mayonnaise ½ c carrots 2 T light dip 6 oz vanilla yogurt ½ c blueberries	1 c tomato soup Salad: 1 c salad greens ½ cup bell pepper ½ c avocado 3 oz canned salmon or ½ c beans or tofu 1 oz low sodium crackers 1 c milk	1 ½ c bean chili ½ c cherry tomatoes 1 oz low sodium crackers 1 c seasonal fruit	2 slices vegetable pizza 2 c tossed salad 1 c melon cubes	1 pita stuffed with: ¼ c hummus 1 c mixed chopped lettuce, carrot, cucumber & bell pepper 1 apple Small cookie 1 c milk	Tuna salad sandwich: 2 slices bread 3 oz canned tuna mixed with 1 T mayonnaise, tomato and lettuce 1 c steamed green beans 1 c milk
Snack	6 oz yogurt 1 small banana	1 oz walnuts	1 T peanut butter 1 small apple	1 oz graham crackers 1 c milk	1 oz low sodium crackers 2 T hummus	½ oz mixed nuts	1 small apple ½ c edamame
Dinner	1 c vegetable soup Grilled cheese sandwich: 2 slices bread 1 ½ oz 2% cheese 2 t margarine spinach & fruit salad with 1 T dressing	1 c minestrone soup 3 oz baked fish 1 c steamed broccoli 1 T Parmesan cheese ½ c brown rice 1 c chopped vegetable salad 1 medium baked apple ½ c frozen yogurt	<i>South of the Border Beans and Rice</i> 1 c steamed spinach 1 small dinner roll 1 fresh pear ½ oz blue cheese 2 T toasted walnuts	<i>Terrific Turkey Meatloaf</i> 1 whole grain roll <i>Fiesta Slaw</i> ½ c sweet corn 1 slice angel food cake 1 c sliced peaches	3 oz lean round steak ½ c onions sautéed in 1 t olive oil ½ c pasta ¼ c marinara sauce 1 c sautéed seasonal vegetables in 1 t olive oil 1 c fruit salad	<i>Chilaquiles with Beans and Corn</i> 2 c tossed salad ½ cup frozen yogurt	Beef and vegetable soup Baked sweet potato ½ c kale ½ c chocolate pudding

This menu assumes the following:

- Bread, pasta, bagel and grain choices are 100% whole wheat or whole grain
- Milk and yogurt are fat-free or low fat
- Recipes in *italics* can be found at www.aicr.org. See recipes for serving sizes.
- Canned beans, vegetables and soups are reduced sodium or have no added salt
- For every 1 cup of salad, allow 1 tablespoon vinaigrette or similar dressing
- Beverages are water or non-caloric
- Margarine should be free of trans-fat

Recommended daily servings for adults:

5-6 oz grains (3 oz should be whole grains); 2-2½ cups vegetables; 1½-2 cups fruit; 2-3 cups dairy; 5-6 oz meat or beans.

Calcium fortified soy foods can be substituted for dairy items.

This menu is based on 1,800 calories per day. For many adults, this leaves room for about 200 additional calories from food and drinks while maintaining a healthy weight. You may need more or less depending on activity level, gender, height or weight.

c = cup
oz = ounce
t = teaspoon
T = tablespoon