



"To eat is a necessity, but to eat intelligently is an art"
- La Rochefoucauld

Expert Nutrition Tips

with Sample Meal Plans

A Dietary Guide for Your Nutrition Needs

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In an effort to provide consumers with the resources they need, the Corn Refiners Association has facilitated a 'go-to' guide for all of those who struggle with maintaining a balanced diet in the constraints of the daily grind. A very wise man once said...

“To eat is a necessity, but to eat intelligently is an art.”
– La Rochefoucauld

We hope this e-Book will help you do just that; this expert guide will not only help you eat intelligently, but will also provide you with a realistic way to do so.

We encourage you to post this on your blog or Web site or email it to anyone who would benefit from reading it. Please visit www.SweetSurprise.com/dietitians-health-guide to get the code to place a badge on your site.

Thank you.

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Throughout this eBook experts provide general dietary information, but you should consult your own physician or dietitian for advice concerning your particular circumstance. Experts that contributed to this eBook were compensated for their time.

Expert Nutrition Tips

with Sample Meal Plans

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Thoughts on Eating Healthy Today

Carolyn O'Neil, MS, RD

Co-author, *The Dish on Eating Healthy and Being Fabulous*

For far too long “good nutrition” has been automatically associated with a long list of all the things you’re not supposed to eat. Sure, it’s true you do need to accessorize sensibly with high-fat and sugary treats. But, concentrate first on the foods that give you life, energy and wellness. The healthiest and happiest approach to planning a well balanced nutritious diet is to start with all of the foods you should be adding to your plates, cups and bowls; not taking away. The nutrients in fruits, vegetables, whole grains, lean proteins and low fat dairy work together to put the sparkle in your eye, shine in your hair, glow in your skin and pep in your step! That’s wellness. And if you do have a sweet tooth or crave the crunch of chips, the good news is that you can plan to add some splurge calories to your daily diet, too. The USDA’s my Pyramid diet plans, based on Dietary Guidelines for Americans, tell you how many ‘splurge’ or as they call them ‘discretionary’ calories you can add per day based on sex, age and activity level. The more active you are the more discretionary calories you get! www.mypyramid.gov

So eat the splurge foods you love in moderation and learn to love the foods you need for good health. Start with the terrific and tasty recipes in this book. Savor the flavors and enjoy the taste of eating right. Go out and play and get physical every day, even if it’s taking the stairs one day and hiking a hill the next. Taste something new and use this book to find nutrition facts and fantastic foods. The intersection of nutritious and delicious is a fabulous place!

“The healthiest and happiest approach to planning a well balanced nutritious diet is to start with all of the foods you should be adding to your plates, cups and bowls; not taking away.”

“Go out and play and get physical every day, even if it’s taking the stairs one day and hiking a hill the next.”



KISS Your Weight Down

Neva Cochran, MS, RD, LD

If your biggest fear is jumping on the bathroom scale and seeing the dial creep up, don't despair. You can lose weight enjoying a variety of foods without giving up your favorites. By using tips from successful losers, all it takes is a KISS!

Keept track. By tracking food and activity, studies show you are more likely to stick with healthy habits, drop and keep pounds off. It can be as simple as writing on a pad of paper or as sophisticated as entering foods online at www.mypyramid.gov or on your iPhone's *Loselt* app. Weighing regularly is another proven tool for losing and maintaining weight.

Increase activity. Members of the National Weight Control Registry who have successfully lost weight average 45 minutes of daily activity. To stay motivated, find something you enjoy whether it's walking, biking, kickboxing or salsa dancing.

Start with breakfast: Breakfast fuels you mentally and physically so never start your day without it. Research finds that people who eat breakfast, especially one boasting protein and fiber, are less hungry and eat fewer calories the rest of the day.

Strive for moderation, not deprivation. Losing weight does not mean tasteless no-fat, no-sugar fare. Fat is essential for absorbing fat-soluble vitamins A, D, E and K while sugar, a carbohydrate, helps fuel your body. Choose fats and sugars by the company they keep. Drizzling a bit of olive oil on veggies or bread and eating yogurt or whole-grain cereal that contain a little sugar or high fructose corn syrup boosts flavor while delivering plenty of nutrients.

KISS Meal Plan

Breakfast

- 2 eggs scrambled in 1 tsp. vegetable oil with 2 Tbs. each diced tomatoes and shredded low-fat cheese
- 1 slice whole-wheat toast with 2 tsp. peanut butter
- 3/4 cup orange juice

Lunch

- 2 cups Romaine lettuce tossed with 1/2 cup chopped raw vegetables, 3 oz. water packed tuna, 2 Tbs. shredded low-fat cheese and 2 Tbs. light dressing
- 6 whole-wheat crackers
- 1 pear

Dinner

- 1 cup whole-wheat pasta topped with 2/3 cup spaghetti sauce from a jar mixed with 3 oz. cooked lean ground beef and 1 Tbs. Parmesan cheese
- 1 cup steamed broccoli with 1 tsp. olive oil
- 1 whole-wheat roll with 1 tsp. tub margarine

Snack

- 1 cup low-fat fruit yogurt with 2 Tbs. low-fat granola

TOTAL CALORIES: 1800

111 grams protein (25% of calories), 200 grams carbohydrate (44% of calories), 63 grams fat (31% of calories)

18 grams saturated fat | 19 grams monounsaturated fat | 15 grams polyunsaturated fat

24 grams fiber

87 grams sugar (added and natural: just the pear and orange juice combined contribute 33 of the total grams of sugar)

2300 mg. sodium



Healthy Aging

Rosanne Rust, MS, RD, LDN

According to the CDC the average American life expectancy is 78 years. Working toward a healthier, happier and active life definitely trumps spending older years ill or immobile. During “middle age”, people start to stare their mortality in the face. Rather than obsessing over body weight and body image, shoot for better health. The truth is, your body changes over time, and metabolism does slow down, which makes weight management a challenge for many. Healthy aging is not about perfection. Consider these simple steps:

- Schedule an annual physical exam with your doctor each year to monitor your weight changes, blood pressure, and any risk for disease.
- Don’t smoke, or quit smoking. There is no “moderation” when it comes to smoking.
- Eat a variety of foods in moderate amounts. Rather than focusing on one type of food or food product to avoid, use common sense. Eat smaller portions from the bread group, choose lean meats, include low fat dairy foods, eat lots of fruits and vegetables, and keep sugar and alcohol to a minimum.
- Stress can play a role in aging, and research has shown that it’s not the presence of stress that’s the issue, but how you deal with it. It’s okay to stay busy, but take time out for rest and relaxation too. Maintain a positive attitude by making the best of every situation.
- Schedule exercise into your week. Exercise helps you maintain muscle mass, improves cardiovascular health, and helps with stress management. As little as a 15-minute walk everyday is worthwhile.
- Stay hydrated.

HEALTHY AGING MEAL PLAN:

Breakfast

- 1 cup cooked oatmeal
- ¼ cup fresh blueberries and 1 TB chopped walnuts to top oatmeal
- 4 ounces 1% fat milk
- 8 ounce cup of coffee or tea

Snack

- 1 banana
- 4-5 ounce yogurt such as YoPlus

Lunch

- 1 Cup vegetable soup
- ½ sandwich: grilled chicken on whole wheat bread, lettuce, tomato, 2 tsp mayo
- Fresh small pear
- Ice water
- Tea

Snack

- Cup of coffee with low fat milk
- 1 orange pecan biscotti

Dinner

- 4-6 ounce grilled salmon
- 1 medium baked sweet potato with 1 teaspoon butter spread
- 1 cup steamed green beans
- 5 ounce glass of wine
- 1 scoop sherbet
- Ice water

TOTAL CALORIES: 2000

53% carbohydrate (26% sugar*), 21% protein, 26% fat

59 g fat (15 g saturated fat, 19 g monounsaturated, 14 g polyunsaturated)

101 g protein

246 g carbohydrate (30 g fiber, 129 g sugar*)

**In the 129 g Total sugar: approximately 85 grams are naturally occurring, and approximately 44 grams (or only 9%) is added sugar from the yogurt, cookie and sherbet*



Choosing Healthy Portions

Rosanne Rust, MS, RD, LDN

Over the past several years there have been many concerns in regard to how our food supply may impact the prevalence of obesity. Most people understand the basic math: Calories in must equal calories out. Yet somehow this simple concept has become complicated in a 'super-sized' world.

It isn't just what you eat, but how much, that matters when it comes to weight control. While certain foods have been targeted as the culprit for this health issue, in reality, no one food or substance can be blamed for the imbalance of this equation. A healthy diet should include foods from the five food groups, but can also include some foods high in fat or sugar, in small portions.

Reading the "serving size" on food labels is one way to determine appropriate portions sizes. Compare what you typically eat to the suggested serving and try to stick with the recommended portion. Use smaller glasses, bowls and plates in your own kitchen to help you keep portions in check. Eat half of what is served to you in a restaurant.

Variety (eating different foods from different food groups), balance and moderation (choosing the right portions of all foods, and eating high fat, high sugar foods only occasionally) are cornerstones to healthy eating habits. By building meals or snacks using the food groups as your guide, you get all of the vitamins, minerals, protein, complex carbohydrates, and fiber that you need for good health, while still enjoying snacks and sweet treats in moderation.

HEALTHY PORTIONS MEAL PLAN

Breakfast

- One whole grain English muffin, toasted
- 1 teaspoon margarine spread
- One egg, poached in microwave
- ½ ounce slice of cheese
- 8 ounces low fat milk

Mid-morning snack

- Small blueberry muffin
- Coffee
- 8-ounces water

Lunch

- Baked ham sandwich on whole-wheat sandwich bun (2 oz. lean ham, 1 small bun)
- Mustard, lettuce, tomato
- 1 medium apple
- 1-ounce bag of potato chips
- 8 ounces low fat chocolate milk

Afternoon Snack

- Small bunch of grapes (about 12)
- 16 ounces water

Dinner

- 4-ounces Baked Chicken Breast, no skin
- ½ cup Basmati Rice with fresh chives
- ½ cup steamed broccoli, with ½ tsp. margarine spread
- 2 small slices whole-wheat Bruschetta (whole wheat bread baguette, toasted, topped with fresh chopped tomatoes, olive oil, garlic and herbs)
- 1 small chocolate chip cookie with ½ cup light vanilla ice cream
- Ice water

TOTAL CALORIES: 1800

53% carbohydrate (21% sugar*), 19% protein, 28 % fat

56 g fat (17 saturated, 16 monounsaturated, 14 polyunsaturated)

86 g Protein

247 g Carbohydrate (20 g fiber, 96 g sugar*)

**In the 96 g Total sugar: approximately 54 grams are naturally occurring, and approximately 42 grams (or only 9%) are added sugar from the blueberry muffin, chocolate milk, and cookie.*



Antioxidants in Your Food

Susan Davis, MS, RD

Antioxidants are nutrients and other substances in foods that can prevent or slow oxidative damage to cells. Antioxidants also boost immune systems by protecting cells and stimulating natural defense systems. Oxidative damage is caused by substances called free radicals. They are unstable molecules that are a result of normal body processes as well as pollution, sun exposure, tobacco smoke and other harmful environmental exposures. Unchecked, oxidative damage leads to diseases such as heart disease, cancer, cataracts, Alzheimer's disease and many others.

Antioxidants include Vitamins A, C and E, the mineral Selenium as well as plant pigments (colors) Beta-carotene (orange), Lutein (yellow, green) Lycopene (red) and Anthocyanin- (blue, purple). Eating high antioxidant foods will also contribute many other necessary vitamins, minerals and phytonutrients that contribute to optimal health and well being.

Foods with low or no antioxidants are highly processed foods like soda, cakes, cookies, most crackers and chips, instant entrees like mac n' cheese, hot dogs and cold cuts.

Antioxidants are found in many foods. These include fruits, vegetables, nuts, and whole grains. Generally they are plant foods. Unfortunately, the average diet in the U.S. skips the fruits, vegetables, nuts and grains and focuses on meats, fried food, sweets and sugary drinks.

The secret to eating well and insuring a healthy family is to serve delicious nutrient rich foods at every meal and snack. You don't have to be perfect, but wholesome foods need to be front and center on your plates.

Some quick rules to live by

- Fruit and/ or vegetables (think color) at every meal and snack
- Milk or 100% juice for children 75% of the time
- Half of starch(breads, grains) servings need to be whole grain
- Lean sources of protein most of the time,
- Sweets as treats ONCE IN A WHILE

Antioxidants are found in many foods. These include fruits, vegetables, nuts, and whole grains. Generally they are plant foods.

Antioxidants Meal Plan

Breakfast

- Whole grain cereal. 1 ½ C
- With toasted walnuts ½ oz
- Skim or low fat milk 4-6 oz
- Berries – fresh or frozen 1/2C
- English Muffin whole grain- ½ (1/2 tsp butter, 1 tsp jelly)

Snacks

- Wild Blueberry Smoothie- 8 oz (4oz frozen berries, 2 oz van low fat yogurt, 2oz orange juice)

Lunch

- Sliced turkey /cheese sandwich, lettuce 2oz turkey 1 oz swiss cheese
- w/toasted whole grain bread or whole wheat pita
- Cherry tomatoes- ½ C
- Cranberry Juice Cocktail Spritzer(4 oz juice, 4 oz sparkling water)- 8 oz
- Peaches/yogurt – 1 C

TOTAL CALORIES: 1777

Protein 94 g | Fat 57 g | Carbohydrate 237 g | Sodium 2,272 mg | Fiber 22 g | Added Sugars 40 g

Supper

- Grilled Pork Tenderloin- - 4oz
- Sautéed Veg (Summer squash, carrots, red pepper, onion) 1 C
- Brown Rice ½ C
- Tossed salad 1 ½ C / Vinaigrette dressing -2 TBS
- Red Wine- 5 oz
- Dark Chocolate- ½ oz



Vegetarian Diet

Lisa Cimperman, MS, RD, LD

The teenage years are some of the most critical for growth and development of healthy habits. An increasing number of teens are choosing a vegetarian diet – some for ethical or religious reasons, others for health or weight control. Parents often have concerns about what can be perceived as a drastic dietary change. However, a carefully planned vegetarian diet can be nutritionally adequate for individuals of all ages. Vegetarians have a lower incidence of chronic diseases such as heart disease, diabetes, and high blood pressure. Compared to the traditional American diet, a well-rounded vegetarian diet contains less artery-clogging saturated fat and cholesterol, and more disease fighting nutrients like fiber, antioxidants, and phytochemicals.

Parents and teens need to pay special attention to some nutrients when eliminating animal products.

Protein

Protein is important for growth and muscle repair. For teens who continue to consume dairy products and eggs, these foods are great sources of protein and provided about 7-14 grams per serving. Other sources include peanut butter and other nut butters, pumpkin or sunflower seeds, soy products like tofu or soy based meat substitutes, and beans.

Calcium and Vitamin D

A deficiency of either of these two important nutrients can leave teens with weak bones later in life. Vegetarian sources include calcium-fortified soy milk and juice, tofu, soybeans, and leafy greens. As added insurance, a calcium/vitamin D supplement is often recommended.

Iron

Low levels of iron in the blood can lead to fatigue and anemia. Good sources include wholegrain cereals, leafy greens, blackstrap molasses, lentils, kidney beans, and some dried fruits.

Vitamin B12

Vitamin B12 deficiency can also lead to anemia, and in extreme cases, neurological damage. Vegetarians must get their B12 from fortified foods, such as cereals or soy milk, since animal products are the only natural source of the vitamin. A daily supplement containing at least 10 micrograms per day is also recommended.

Vegetarian Meal Plan

Breakfast

- Smoothie (made with ½ cup calcium fortified juice, ½ banana, ½ cup frozen berries, ½ cup of your favorite low fat yogurt)
- 2 pieces whole wheat bread with 2 teaspoons peanut butter

Lunch

- 1 cup Vegetarian chili
- Whole grain pita bread or pita chips
- 10 Baby carrots with hummus

Snack

- Cottage cheese with fruit topping
- 1 oz almonds

Dinner

- Salad with mixed greens, sprinkled with sesame seeds and topped with low fat dressing
- Pizza made with store bought 100% whole wheat pizza crust or flatbread, sliced Roma tomatoes, kalamata olives, sliced red onions, and fresh mozzarella. Season with dried oregano or basil.
- 3 cookies
- 1 cup skim milk or soy milk

TOTAL CALORIES: 1800

Protein 60 g | Fat 65 g | Carbohydrate 260 g | Total Sugar 120 g | Added Sugars 30 g | Fiber 30 g | Sodium 3,000 mg



How to Get Through the Day in a Heart-Healthy Way

Stasha Kucel MS, RD, LD

Your alarm clock is buzzing and it's time to start a brand new day. Let's get your day started off right with a heart-healthy breakfast. Components of a heart-healthy breakfast include whole-grains that are rich in soluble fiber, low-fat or fat-free dairy products, and meat that is low in saturated fat and cholesterol. Breakfast is the ideal time to include a high-soluble fiber cereal, a low-fat milk or yogurt, and your favorite fruit. When you are shopping, look for a whole-grain cereal with at least 3 grams of soluble fiber. Why? Because soluble fiber helps lower the cholesterol level in your blood. High blood cholesterol is considered a risk factor for heart disease. Good sources of soluble fiber include beans, whole-grains, fruits, vegetables, nuts, and soluble fiber-fortified foods.

For some people, especially those who eat breakfast before 7:00 am, a morning snack is essential. Eating a morning snack helps tame your hunger so you're not ravenous when lunchtime arrives. Fruit, nuts, nut butters, and vegetables are perfect snack foods because they are very portable and filling. Did you know that eating 1 ounce of nuts, 5 times per week, has been shown to lower total cholesterol and LDL-cholesterol?

Lunch and dinner is the traditional time to get in a good serving of muscle building protein. One 3-4 oz. serving of lean meat, fish, or meat substitute is just the right size for most people. To keep your heart its healthiest, choose protein sources that are low in saturated fat and cholesterol like fish, sirloin, round steak, skinless chicken and turkey breast, extra-lean ground turkey, 4% fat ground beef, and 1% fat cottage cheese. Eating 7 ounces of fatty fish per week is associated with a reduced risk of heart disease. Lunch and dinner is also the perfect time to eat nature's #1 source of soluble fiber-beans. People of all ages need to get 10g of soluble fiber per day.

The latest nutrition research indicates that diets low in fat (20-30% of calories from fat), low in cholesterol, and low in saturated fat (less than 7% of total calories) reduce your risk of heart disease. If your body needs 2200 calories per day, then your saturated fat intake should be no more than 17 grams per day. If your body needs 1600 calories per day, then limit your saturated fat intake to 12 grams per day. According to the 2010 Dietary Guidelines for Americans, most healthy people should keep their cholesterol intake below 300 mg per day and egg consumption should be limited to 7 eggs per week.

It is okay to have sweets in moderation. The key is to get your added sugars in food and drinks that are already nutrient dense and not just in items like candy or soda. In 2009 the American Heart Association released a new scientific statement that recommended limiting added sugars to 100 to 150 calories per day. Keeping your intake of added sugars in this range will help you maintain a normal triglyceride level. Triglycerides are frequently high in people who have excessive intake of simple sugars. High triglycerides are a risk factor for heart disease.

Below is a meal plan that includes all of the above recommendations. This day is high in soluble fiber, low in total fat, and low in saturated fat. Also, this sample day includes a wide variety of heart-healthy foods including fatty fish, beans, nuts, and low-fat meat and dairy.

Heart-Healthy Meal Plan

Breakfast

- 1 packet instant oatmeal 1 cup Fat-free or 1% Milk
- 1 Fresh Pear, large

Snack

- 1 Small Apple, sliced
- 1 Tbsp Peanut Butter

Lunch

- Pasta with Sauce
 - 2 ounces of cooked 4% fat Ground Beef
 - ½ cup Tomato-based Pasta Sauce
 - 2/3 cup Whole-wheat Pasta
- ½ cup Steamed Broccoli
- 1 – 6oz Low-fat Yogurt

Snack

- 1 ounce almonds

Dinner

- 3 ounces Broiled Salmon
- 2/3 cup Brown Rice
- 2/3 cup Pinto Beans
- 1 cup Roasted Butternut Squash with 1 tsp soft margarine
- 1-2x2 inch square Cornbread
- 1 cup 1% Chocolate Milk

Total Calories: 1980

23% calories from fat | Saturated Fat: 8 grams | Protein: 105 grams | Carbohydrates: 295 grams | Dietary Fiber: 48 grams | Soluble Fiber: 12 grams | Cholesterol: 121 mg | Calcium: 1242 mg | Sodium: 2427 mg



Quick and Healthy Family Meals

Stasha Kucel MS, RD, LD

Weeknights are a very busy time for most American families. Parents have a limited number of evening hours to squeeze in meal prep, dinner, homework, after-school activities, family bonding time, household chores, and relaxation. Families desperately need meals that are quick to prepare, nutritious, and delicious.

Skipping the family sit-down meal really isn't an option. Studies have shown that when kids and parents eat together regularly, children tend to consume more fruits and vegetables. Also, kids who eat with their family have a lower chance of obesity and better psychosocial health. So, this section focuses on strategies and meal ideas to help you put a nourishing dinner on the table in no time.

First, you will need to set aside time to plan and shop for your weekly meals. Second, you can make dinner planning easier by offering the same basic nutritious pattern every night. Just vary the choices every night of the week.

Follow this basic pattern for a well-balanced nutritious meal:

- Offer 2 vegetable choices every evening. Allow 1 cup total vegetables for each person.
- Prepare 3 oz. of lean meat, fish, or meat alternative for each person. 3 oz. of meat is about the size of a deck of cards. Beans and cottage cheese are low-cost alternatives.
- Give everyone 1-2 servings of a whole-grain starch. Follow the serving size on the package. Options are brown rice, whole-wheat pasta, whole-grain bread, a whole cornmeal product, bulgur, oats, barley, buckwheat, or wild rice.
- Prepare dishes with a little healthy fat for flavor. Choose vegetable oils.
- Always present a fruit dish for dessert. Try berries topped with light whipped cream or vanilla yogurt with peaches and granola.
- Consistently provide 8 oz. of low-fat milk or 6 oz. of light yogurt with meals.

There you go! Just use this basic nutritious meal pattern every evening and adjust to fit your family's personal preferences. Do you need more specific meal suggestions? Below is a list of healthy and quick meal ideas that are very family-friendly.

Quick & Healthy Meal Plan

Breakfast

- Fruit Smoothie.
 - Blend 1 cup frozen strawberries with 1 cup low-fat milk and sweetener.
- Honey Almond Protein Meal Bar

Snack

1 cup Baby Carrots with 2 tablespoons Light Ranch-Style Dressing

Lunch

- Black Bean & Cheese Burrito.
 - Wrap 2/3 cup black beans and ½ cup shredded reduced-fat Monterey Jack cheese in 6-inch whole-wheat tortilla. Top with salsa or pico de gallo.
- 1, 6 oz. Light Yogurt
- 1 cup cubed Cantaloupe

Dinner

- Turkey & Mushroom Burger
 - 3 oz. extra-lean ground turkey patty and ½ cup sautéed mushrooms on whole-grain bun.
 - Sauté mushrooms in 1 tsp vegetable oil.
 - Serve with lettuce, tomato, and onions on the side.
- ½ cup Baked Sweet Potato Fries
- ½ cup Flavored Apple Sauce
- 8 oz. Low-fat Milk

Total Calories: 1665

Protein: 92 grams | Carbohydrates: 231 grams | Dietary Fiber: 30 grams | Fat: 46 grams | 24% calories from fat
22% calories from protein | 55% calories from carbohydrate | Cholesterol: 104 mg | Calcium: 2078 mg



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