Eat Right and Have Healthy Meals

Whether you already live a healthy lifestyle or are trying to be healthier, reminders about how you can improve your overall health and wellness are helpful. To help you reach your goals, Nutrition Services brings you this series of nutrition tips to “Eat Right”. This month’s focus is healthy meals.

Planning ahead for meals can help you meet nutrition goals and not rely on “fast food” at the end of a long day. Plan at least 5 of the 14 (lunch and dinner) meals per week as “healthy”. By healthy we mean meals 600 calories or less with no more than 1000 mg of sodium.

If your usual meal averages 800 to 1000 calories, you can save 4000 to 8000 calories over a month by doing this. This is equal to 1 to 2 pounds!

A healthy and balanced meal should include a starch, vegetables, protein, fruit, and dairy. If this seems like too much food for one meal, try to get your daily dairy or fruit in as a snack. Here are examples of 600 calorie healthy meals:

1) **Grilled salmon** – 3 to 4 oz grilled salmon, a small baked sweet potato, 5 sprigs of asparagus, 1 cup of 1% milk, and a small apple.

2) **Chicken sandwich** - 2 slices of whole wheat bread, 3 oz of baked chicken, 1 tablespoon of light mayo, lettuce, onion, tomato, 4 oz lite yogurt, 1 cup of strawberries.

3) **Turkey cheese burger** - 1 whole grain hamburger bun, 3 to 4 oz turkey patty, lettuce, onion, tomato, a slice of low-fat cheese, and a small banana.

4) **Spaghetti** - 1 cup of whole wheat pasta, 3 oz of ground turkey, ½ cup of spaghetti sauce, small side salad with some shredded cheese and light dressing, 3/4 cup of cantaloupe.

At the Medical Center, we offer Seasons Select meals that fit these criteria. Visit a Seasons Café and look for foods marked as “Seasons Select” to try one!