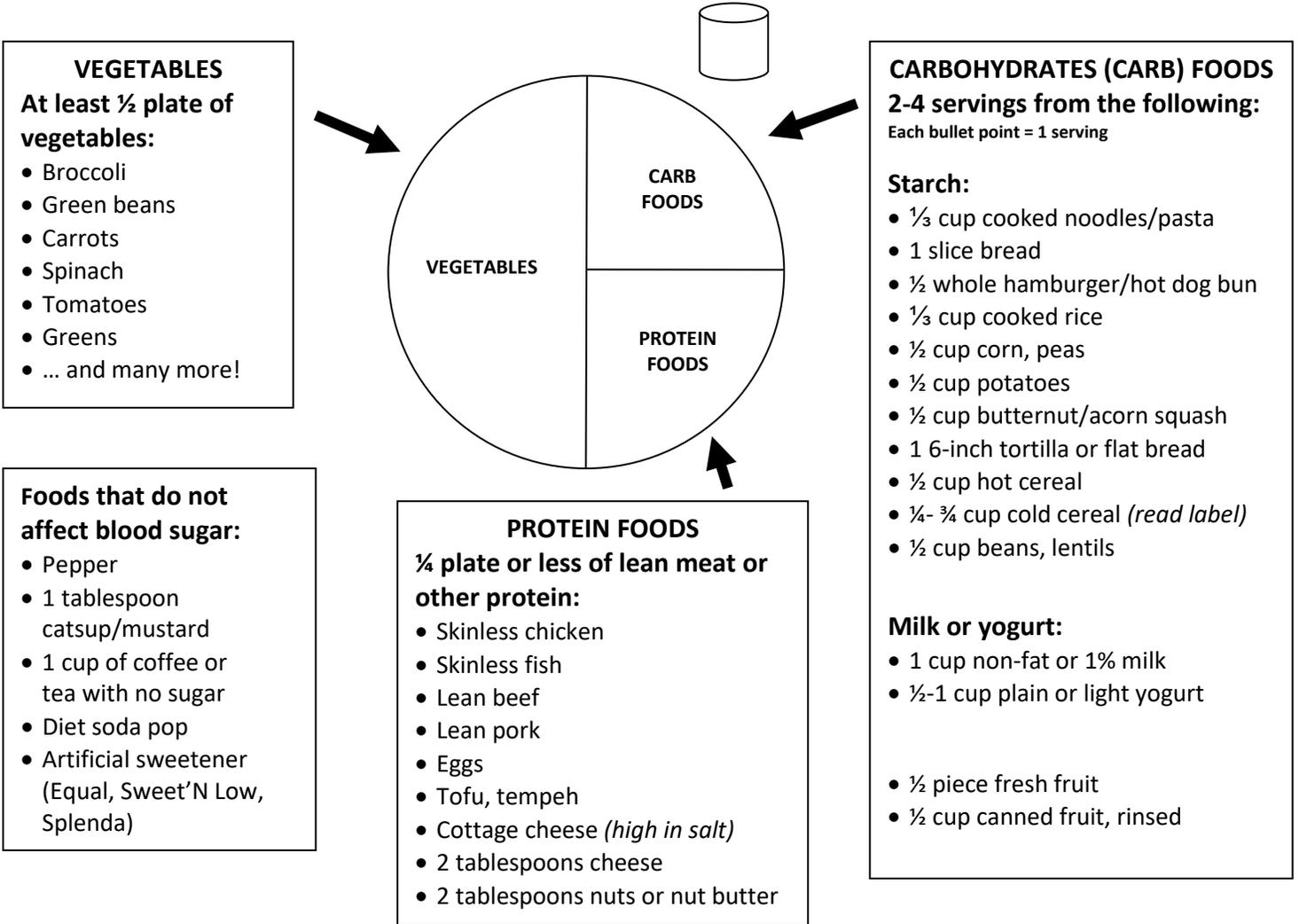


# Meal Plan Basics

## A healthy plate

Planning a meal should be easy. Your foods should taste good. You can make your foods taste good by adding herbs and spices. Limit salt. Below is a plan of the types of foods you should eat at your meals. Limit double portions or second helpings. Portions of each food group are described on the Portion Control Handout.



Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Learn more about healthy eating

Meet with your dietitian regularly. Your dietitian will help you meet your nutrition goals. Ask your doctor or nurse to help you make an appointment.