



Meal guide for healthy eating

Making good food choices can help lower your cholesterol, blood sugar and weight.



Make your plate look like this

- ½ plate non-starchy vegetables and/or salad
- ¼ plate carbohydrates
- ¼ plate protein

Breakfast ideas

<ul style="list-style-type: none"> • 1 to 2 slices whole-wheat bread with natural peanut butter • ½ cup berries 	<ul style="list-style-type: none"> • 2 egg whites omelet with veggies • 1 to 2 slices whole-wheat bread • Light margarine or light butter 	<ul style="list-style-type: none"> • ½ cup cooked, unflavored oatmeal • ½ cup blueberries • ½ cup nonfat milk or nonfat Greek yogurt • 10-15 almonds or walnuts • Optional: Add flaxseed & cinnamon
<ul style="list-style-type: none"> • 1 to 2 corn tortillas • 2 slices low-fat cheese • Salsa 	<ul style="list-style-type: none"> • 2 small pancakes with diet syrup • 2 turkey or soy sausages • Eggbeaters® 	<ul style="list-style-type: none"> • 1 corn tortilla • ½ cup beans • Eggbeaters® • 1 slice low-fat cheese

Lunch or dinner ideas

<ul style="list-style-type: none"> • Grilled salmon • 1 cup whole-wheat pasta • Green beans • Water or sugar-free drink 	<ul style="list-style-type: none"> • Turkey burger on whole-grain bun with lettuce, tomato, pickles and light mayo • Green salad with light dressing • Water or sugar-free drink
<ul style="list-style-type: none"> • Lean Cuisine® or Healthy Choice® frozen meal • Steamed vegetables or green salad with light dressing • Water or sugar-free drink 	<ul style="list-style-type: none"> • 6-inch turkey sandwich on whole-grain bread • Green salad with light dressing • Water or sugar-free drink
<ul style="list-style-type: none"> • Stir-fry veggies and tofu • ½ cup brown rice • Water or sugar-free drink 	<ul style="list-style-type: none"> • 2 chicken tacos on corn tortillas • ½ cup beans • Green salad with light dressing • Water or sugar-free drink

Choose more foods from this section

Vegetables: 2 or more cups a day		Fruits: 2 to 3 servings a day		Legumes and soy: 4 to 5 servings a week	
<ul style="list-style-type: none"> • Broccoli • Cucumbers • Green beans 	<ul style="list-style-type: none"> • Cauliflower • Tomatoes • Zucchini 	<ul style="list-style-type: none"> • 1 small apple • 1 cup berries • ½ cup mixed fruit 	<ul style="list-style-type: none"> • Beans • Lentils • Peas 	<ul style="list-style-type: none"> • Tofu • Soy beans 	
Fish: 3 servings a week		Healthy fats (Small portions)		Unsalted nuts and seeds (Small portions)	
<ul style="list-style-type: none"> • Salmon • Sardines • Tuna: limit 1x week 	<ul style="list-style-type: none"> • Shrimp • Mahi-mahi • Mackerel • Canned salmon 	<ul style="list-style-type: none"> • Canola oil • Olive oil • Soft-tub margarine 	<ul style="list-style-type: none"> • Avocados • Flaxseed meal 	<ul style="list-style-type: none"> • Almonds • Peanuts • Pecans • Walnuts 	<ul style="list-style-type: none"> • Pumpkin • Chia • Cashews
Carbohydrates		Poultry and dairy		Drinks	
<ul style="list-style-type: none"> • Whole-wheat bread • Whole-wheat pasta • Whole-wheat tortilla • Corn tortilla • Farro 	<ul style="list-style-type: none"> • Bulgur • Brown rice • Steel-cut oats • Quinoa • Plain yams and potatoes • Corn 	<ul style="list-style-type: none"> • Skinless chicken • Turkey breast • Low-fat cheese • Egg whites • 1% milk • Fat-free milk • Light or Greek yogurt 		<ul style="list-style-type: none"> • Water • Unsweetened tea • Unsweetened coffee 	<ul style="list-style-type: none"> • Unsweetened almond milk • Unsweetened soy milk

Stay away from food in this section

Foods high in saturated fats			
<ul style="list-style-type: none"> • Whole milk and 2% milk • Coconut milk • Ice cream • Sour cream • Cheese (like cheddar) • Cream cheese 	<ul style="list-style-type: none"> • Chips • Sausage, bacon • Ground beef • Chicken with skin • Ham, bologna • Salami, pastrami 	<ul style="list-style-type: none"> • Liver, tongue, heart • Menudo, ribs • Hydrogenated oils • Butter, stick, margarine, shortening, lard • Coconut, palm oil 	<ul style="list-style-type: none"> • Prime beef • Pork and beef franks • Creamy dressings • Pork rinds • Egg yolks (No more than 3 times a week)
Foods and drinks high in sugar			
<ul style="list-style-type: none"> • Sherbet • Smoothies • Frozen yogurt • Sugar, agave, honey, jelly, syrup 	<ul style="list-style-type: none"> • Pies • Candy • Jell-O® • Donuts • Sweet breads 	<ul style="list-style-type: none"> • Cake • Cookies • Chocolate • Regular sodas 	<ul style="list-style-type: none"> • Juices, punch, Snapple® • Sports drinks • Energy drinks
Limit starches			
<ul style="list-style-type: none"> • Bagels • Croissants • White bread 	<ul style="list-style-type: none"> • White rice • Pastas • Boxed cereals 	<ul style="list-style-type: none"> • Beer • Non-alcoholic beer • Mixed drinks • Wine and Whiskey 	<ul style="list-style-type: none"> • Gin • Tequila • Rum • Vodka • Brandy



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