

All Foods Can Fit

As long as you use balance and moderation with your meal planning and portion control, all foods will fit.

Moderation

Eat until you are satisfied, not stuffed. Be aware of serving sizes. Avoid extra helpings, splurging, and temptations like “all-you-can-eat” restaurants.

Balance

To manage your weight, balance what you eat and drink with your activity level. You should also balance the calories in your foods. If you select a higher-calorie food (small portion of lasagna), balance this with selections of lower-calorie foods (fresh veggies and a salad).

Variety

Choose a wide variety of foods: vegetables, fruits, whole grains, meats, poultry, seafood, eggs, beans, peas, nuts, seeds, and dairy. This helps you to get all the nutrients (vitamins, minerals, etc.) that you need. Use the following tips:

- *Vary the color* – aim for more than one color on your plate
- *Vary the flavor* – sour, sweet, bitter, and salty
- *Vary the texture* – crunchy, soft, smooth
- *Vary the preparation method* – cooked versus raw



Take time to enjoy what you eat!