

Use the **MOVE! Healthy Placemat** to create healthy meals and help reduce your risk of heart disease, diabetes, some cancers, and many other chronic conditions.

Non-Starchy Vegetables & Fruits

Fill ½ of your plate with non-starchy vegetables and fruit.

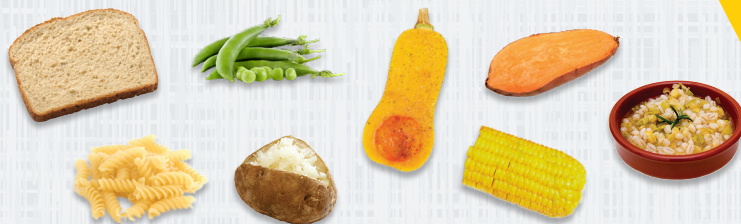
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables for added benefits.



Grains & Starchy Vegetables

Make ¼ of your plate whole grains or starchy vegetables.

Choose whole grain options for at least half of the grains you eat.



FOR A HEALTHY MEAL:

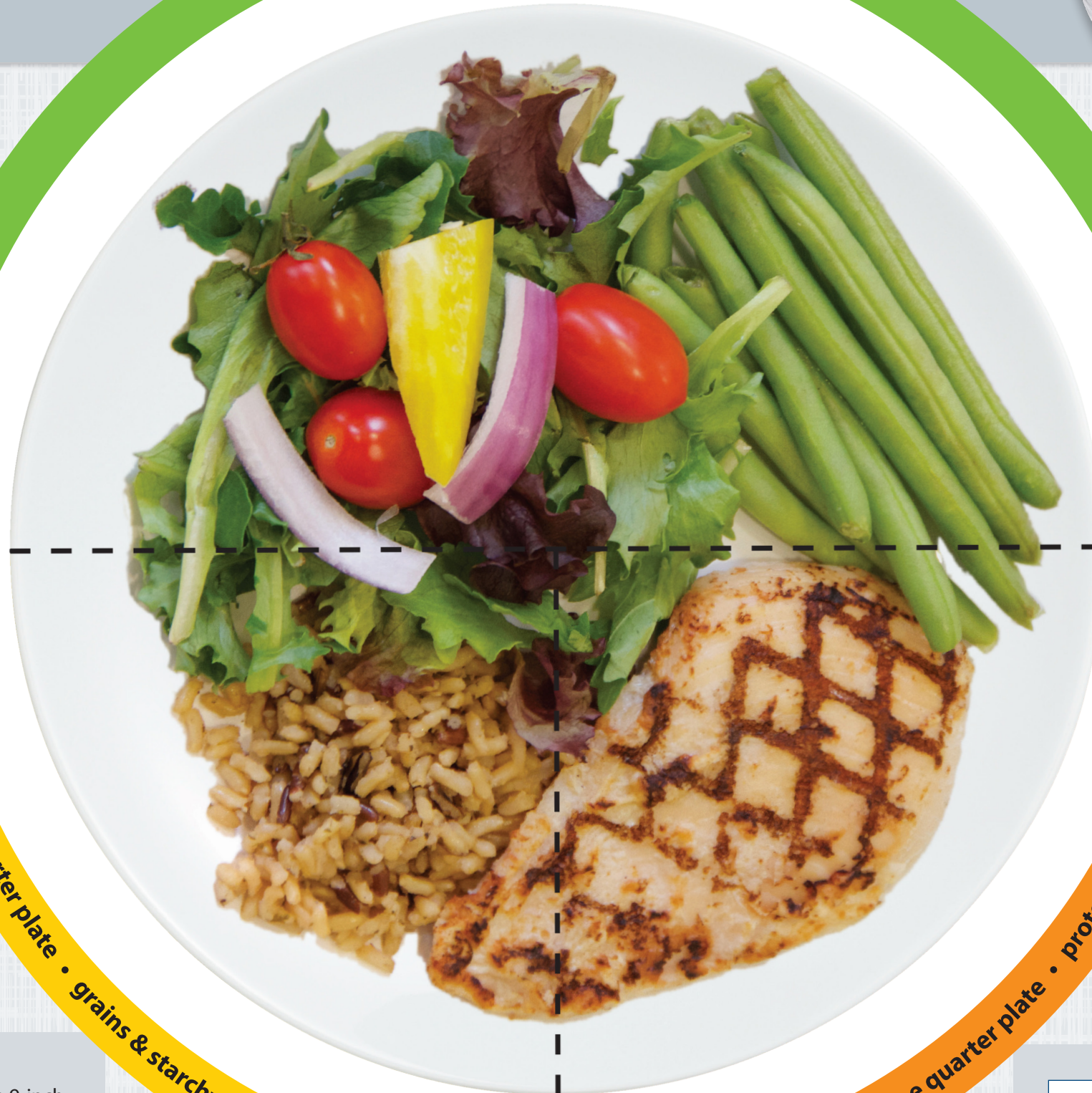
Enjoy your food and limit to the right amount for your body. Use a 9-inch plate to help you manage portion sizes.

Make half your plate veggies and fruits • Add lean protein
Include whole grains • Don't forget dairy • Limit extra fat

Enjoy sweet treats in small amounts • Space eating times 3-4 hours apart
Try new foods • Take your time while eating

one half plate • non-starchy vegetables & fruits

9" Plate



9" Plate

one quarter plate • grains & starchy vegetables

one quarter plate • protein



Drink more water

9-13 cups of fluid daily are recommended for most adults.

Drink before and with meals.

Don't wait for thirst—Sip throughout the day.

Water is best. The next best options are low calorie, unsweetened beverages.

Dairy

Include fat-free (skim) or low-fat (1%) milk and milk products such as yogurt, cheese, and fortified soy beverages.

Aim for 2-3 servings per day.



Protein Foods

Make ¼ of your plate lean protein choices (a 2–3 ounce cooked portion).

Choose protein foods, such as lean beef, pork, venison, chicken, or turkey. Also include eggs, seafood, beans, peas, nuts, or tofu.



PORTION SIZES

1 cup =	¼ cup =	1 ounce (oz) =
¾ cup =	1 tablespoon =	1 ounce (oz) =
½ cup =	1 teaspoon =	3 ounces (oz) =

Start your day with a healthy breakfast

Breakfast gives you energy to start your day. Research shows that having a balanced breakfast can make a significant difference in overall health and well-being. Also, most people who have lost weight and kept it off eat breakfast every day.

Whether you eat at home or on the go, there are options. Aim to have a serving of dairy, lean meat, or other protein source, like eggs, nuts, or seeds. Also include a source of fiber from veggies, fruits, whole grains, or beans.

★ HEALTHY BREAKFAST EXAMPLES



Breakfast Burrito (veggies, low-fat refried beans, salsa), Milk or Soy Milk



Whole Wheat Toast with Peanut Butter, Apple, and Low-fat Yogurt



Breakfast Greens with Egg, Asparagus, Avocado, and Edamame



Cinnamon-topped Steel-cut Oatmeal with Banana, Berries, and Walnuts

★ HEALTHY LUNCH EXAMPLES



Vegetable Bean Soup with Cornbread



Tuna Sandwich with Lettuce and Tomato, Fresh Veggies with Dip



Beef Patty on Bun with Cheese, Lettuce, Tomato and Onion with a Side Salad

★ UNDER 100 CALORIE SNACKS

- 1 medium piece of fresh fruit
- 1 cup raw vegetables with 2 tablespoons hummus or guacamole
- 2 saltine crackers or celery with 2 teaspoons peanut butter
- 6 chocolate-covered miniature pretzel twists
- 1 hard-cooked egg
- 2 sugar-free frozen fruit popsicles
- 2/3 cup Cheerios with 1/4 cup fat-free milk
- 1 roasted chicken drumstick, skin removed
- 1/2 English muffin with 1 slice tomato and 1 tablespoon part-skim mozzarella cheese

★ HEALTHY DINNER EXAMPLES



Lean Meat Tacos with Vegetable Salsa and Salad



Salmon with Garden Salad and Quinoa



Baked Pork Loin with Broccoli and Macaroni and cheese



Stir-Fried Vegetables, Brown Rice, and Mandarin Oranges

★ HOW TO MANAGE ENERGY BALANCE ★

- ★ Adjust your daily calorie intake
- ★ Increase your daily activity level

★ For best results, do both

- Body weight is linked to energy balance. There are complex factors that affect your weight and energy balance. These factors may be from a person's body, mind, environment, and society. Weight management focuses on some of the factors within your control, like your food and drink choices and activity choices.
- To lose weight, it is recommended that you create an energy deficit of at least 500 calories per day. You should reduce your calorie intake slowly over time so your body adjusts and you don't feel too hungry.
- Track your food and drink intake to see how much you consume. Start logging in the MOVE! Food and Physical Activity Log or use another method like an app. Check out the Log at <https://www.move.va.gov/MOVE/vetnetworkbook.asp>
- If you want a daily calorie goal specific to you age, gender, height, build and weight, talk to your MOVE! Team.
- Use your MOVE! Healthy Placemat to guide your food choices.
- Regularly review your MOVE! Food and Physical Activity Log. Look for days when you don't meet your goals. Think about what got in the way. Consider ways to deal with those barriers.



Mindful eating is an ongoing practice and it starts with three steps.

- **Become aware of the physical characteristics of food.** Pay attention to all your senses. Smell the aroma. Feel the texture of your food with your tongue. Ask yourself, "How does this really taste? Is this what I want? Is my mind truly present when I take a bite so that I experience it fully?"
- **Become aware of your eating habits.** How fast do you eat? Do you multitask and eat while distracted? What routines can you change to help you eat more mindfully?
- **Become aware of mindless eating triggers.** Look for specific cues that prompt you to start and stop eating. Become an expert on the emotions that trigger you to eat when you aren't physically hungry. Ask yourself, "What am I feeling right before I snack? Are my environment, emotions, or dining companion helping or hurting my efforts to eat wisely?"

Be Active to Improve Your Health

- You can improve your health with physical activity. Avoid being inactive. Any activity is better than no activity.
- Aim for 150 minutes (2.5 hours) per week of moderate-intensity physical activity, or 75 minutes of vigorous-intensity activity to gain important health benefits.
- To manage weight, work up to 300 minutes (5 hours) of moderate, or 150 minutes of vigorous-intensity activity per week.
- Remember to start slow and gradually build up. Consider activity such as walking, hand-cycling, jogging, swimming, biking, gardening, or anything else that increases your heart rate.
- Do at least 2 non-consecutive days of strength training. Work all major muscle groups (legs, hips, back, chest, abdominals, shoulders, and arms) using free weights, machines, resistance bands, or body weight exercises.
- Finally, take care of your body by stretching regularly!



www.move.va.gov

Need Recipes? Try:
www.nutrition.va.gov/Recipes.asp

VA



U.S. Department of Veterans Affairs
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