

# Tips for Building Healthy Meals

You can make a healthy meal without a recipe or a plan.

And you don't have to be an experienced cook to do it.

Start by thinking about your favorite foods and flavors.

Now think about how much time you have to make a meal.

Ready?

Here are some ways to get started.

Take a look at what you already have in your kitchen.

Keep the food groups in mind as you look around.

The food groups include grains, vegetables, fruits, dairy or non-dairy alternatives, and protein sources like meat and plant-based proteins.

Think about the food groups as the building blocks for a healthy meal.

Just mix and match to make something you'll enjoy.

You can do this!

Nutrition doesn't have to be hard.

Let's start with a baked potato.

You can add black beans, veggies, and salsa for a quick dinner. To top it off, add a sprinkle of cheese.

If you don't have a baked potato, use tortillas or rice to make your meal.

And remember, fresh, frozen, or canned vegetables are always great options.

You can get protein from meat, poultry, and fish, or from plant-based protein sources like tofu and beans.

You can also get protein from eggs.

Try making scrambled eggs for dinner.

Serve with rice and vegetables for a quick, easy meal.

Give the eggs some kick by adding salsa or your favorite hot sauce.

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And for healthy snacking, cut up raw fruits and veggies to keep in your fridge. Grapes, oranges, carrots, and celery are great choices.

Here's another easy meal idea.

Cook some noodles, and add them to steamed vegetables.

For extra flavor, mix in some pasta sauce, peanut sauce, or just a drizzle of olive oil.

Ready to make this part of your usual routine?

Stock up on some foods you can reach for next time you want to make a quick, healthy meal.

Choose things that can be kept in your freezer and on your shelves, like frozen or canned vegetables, dried noodles, rice, and sauces and oils.

Making a healthy meal doesn't need to be expensive or complicated.

Just choose a few of your favorite foods from the food groups—and build from there.