EAT 5 DINNER

End the day with a balanced meal, providing essential nutrients to support good sleep, and overall well-being. Follow these four steps to planning an EAT 5 dinner *the EAT 5 Initiative is designed to integrate fruits and vegetables into the diet to get closer to the goal of five cups per day

FOLLOW THESE STEPS TO AN EAT 5 DINNER:

STEP 1

EAT 5 WITH A FRUIT OR VEGETABLE, OR BOTH!

Fruits and vegetables provide essential nutrients (e.g., vitamins A and C, and fiber) and promote weight control and overall health

Go for 1-2 colorful cups or fill ½ your plate with fruits and vegetables

Side salad

Roasted or steamed vegetables

STEP 3 **GO FOR LEAN PLANT-BASED PROTEIN**

Protein foods pack many essential nutrients (ie: B6, iron and zinc) and are the building blocks for bone, muscles and blood!

Plant based protein: beans, chickpeas, lentils, hummus, nut butters, and whole soy foods like edamame or tofu

Lean animal sources: seafood, eggs, reduced-fat dairy, skinless poultry, and other lean meats

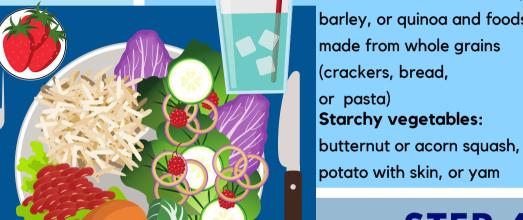
STEP 2

ADD A WHOLE GRAIN, OR STARCHY VEGETABLE

Rich in fiber, these foods can help maintain energy and promote bowel and heart health!

> Whole Grains: brown rice. barley, or guinoa and foods made from whole grains (crackers, bread,

potato with skin, or yam



STEP 4 **CHOOSE HEALTHY FATS**

AND OILS

Healthy, or plant based, fats, and oils aid in nutrient absorption, boost satiety, and may have a positive effect on cholesterol levels.

Plant-based oils: olive, avocado, flax, sunflower seed, or rapeseed

Other nutrient dense sources: nuts, seeds, avocado, or olives





EAT 5 DINNER

Try these tips to create an EAT 5 dinner, whether you have 15 minutes, 45 minutes, or decide to order in or dine out!

HOW MUCH TIME DO YOU HAVE?

≤15 MIN

EVENING BISTRO PLATE

MIX AND MATCH 4-5 FOODS FROM VARIOUS FOOD GROUPS TO BUILD AN AT HOME BISTRO PLATE. ALWAYS INCLUDE A FRUIT OR VEGETABLE TO PACK IN NUTRIENTS.

FRUIT
APPLE SLICES
PEAR
RED GRAPES

STRAWBERRIES

VEGETABLE
BABY CARROTS
SLICED PEPPERS
CUCUMBERS
TOMATOES

PROTEIN
HUMMUS
HARD BOILED EGG
NUT BUTTER
MOZZARELLA CHEESE

CARBOHYDRATE 100% WHOLE WHEAT OR WHOLE GRAIN CRACKERS FAT
AVOCADO
OLIVES
ALMONDS

≤45 MIN

GOT A FEW MORE MINUTES TO PREP? TRY A SHEET PAN DINNER!

MIX AND MATCH A LEAN PROTEIN, A STARCHY VEGETABLE, AND NON-STARCHY VEGETABLE ON A SHEET PAN.

*COOK: ~20-30 MINUTES AT 400°F (*NOTE: COOK TIMES MAY VARY)

LEAN PROTEIN

CHICKPEAS WITH CURRY SPICE
WILD SALMON WITH DILL
TOFU WITH GARLIC AND PAPRIKA
LEMON PEPPER CHICKEN BREAST

STARCHY VEGETABLE

CARROTS
SWEET POTATOES
ACORN SQUASH
MINI POTATOES

NON-STARCHY VEGETABLES

BOK CHOY EGGPLANT ASPARAGUS ZUCCHINI

ORDER IN OR DINE OUT

CHOOSE THESE MEALS WITH A NUTRITIONAL EDGE

KABOB

CHICKEN KABOB CHOPPED SALAD WHOLE WHEAT PITA **MEXICAN**

BLACK BEAN AND VEGGIE
TACOS
GUACAMOLE
SALSA

BURGER MEAL

VEGGIE BURGER WHOLE GRAIN BUN SIDE SALAD PIZZA

THIN CRUST PIZZA
MUSHROOMS
BROCCOLI
SPINACH



