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 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 quinoa and foods made from whole grains (crackers, bread, or pasta)
- **Starchy vegetables:** butternut or acorn squash, potato with skin, or yam

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

Protein foods pack many essential nutrients (i.e.: 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 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

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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

 PLANT BASED 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