

The Nutritious Trio!



Fiber

Lean Protein

Healthy Fats

The Nutritious Trio

Lean Protein ✨ Fiber ✨ Healthy Fats

Including all three can assist in maintaining fullness and controlling blood sugar!



A good rule of thumb:
Aim for all three at mealtime
At snack time, aim for two!



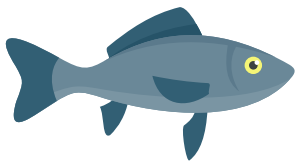
Some foods can be classified as two of the nutritious trio, or all three. An example of this are beans or peanut butter. A healthy body runs best on lean protein, fiber, and healthy fats!



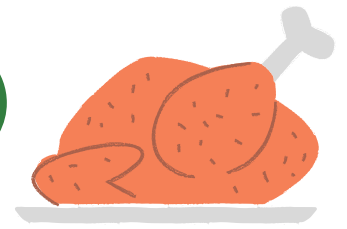
Lean Protein

Benefits of Protein:

- Protein supports proper growth & development, balances neurotransmitters, and builds a healthy immune system
- It is beneficial to choose a lean protein source because it will be lower in saturated fats.



Examples



Animal Protein

- Fish (salmon, tuna, tilapia, and mackerel)
- Poultry (chicken breast, turkey)
- 90% or leaner beef
- Nonfat/low fat cheese
- Eggs and egg whites

Plant Protein

- Beans (black beans, pinto beans, navy beans, kidney beans)
- Other legumes (chickpeas, peas, lentils, black-eyed peas, peanuts)
- Tofu and tempeh
- Nuts & seeds

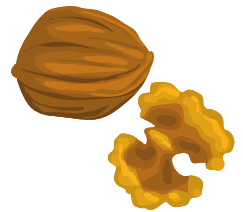
Healthy Fats

Benefits of Fats:

- Dietary fat assists in absorbing fat-soluble vitamins like vitamin A, D, E, and K!
- Omega-3 and Omega-9 fats are anti-inflammatory and important for brain health. Some examples include avocado, nut butters, vegetable oils, nuts and seeds.



Examples



Omega-3

- Fish and seafood
 - Salmon
 - Mackerel
 - Tuna
- Nuts and seeds
 - Flax seeds
 - Chia seeds
 - Walnuts
- Plant oils
 - Flax oil

Omega-9

- Vegetable oils
 - Olive oil
 - Avocado oil
- Nuts
 - Cashews
 - Walnuts
 - Almonds
- Other
 - Avocado
 - Peanut butter

Fiber

Benefits of Fiber:

- Fiber supports gut health, promotes a healthy weight, prevents constipation and chronic disease
- It is beneficial to aim to have fiber full carbohydrates fill half your plate.



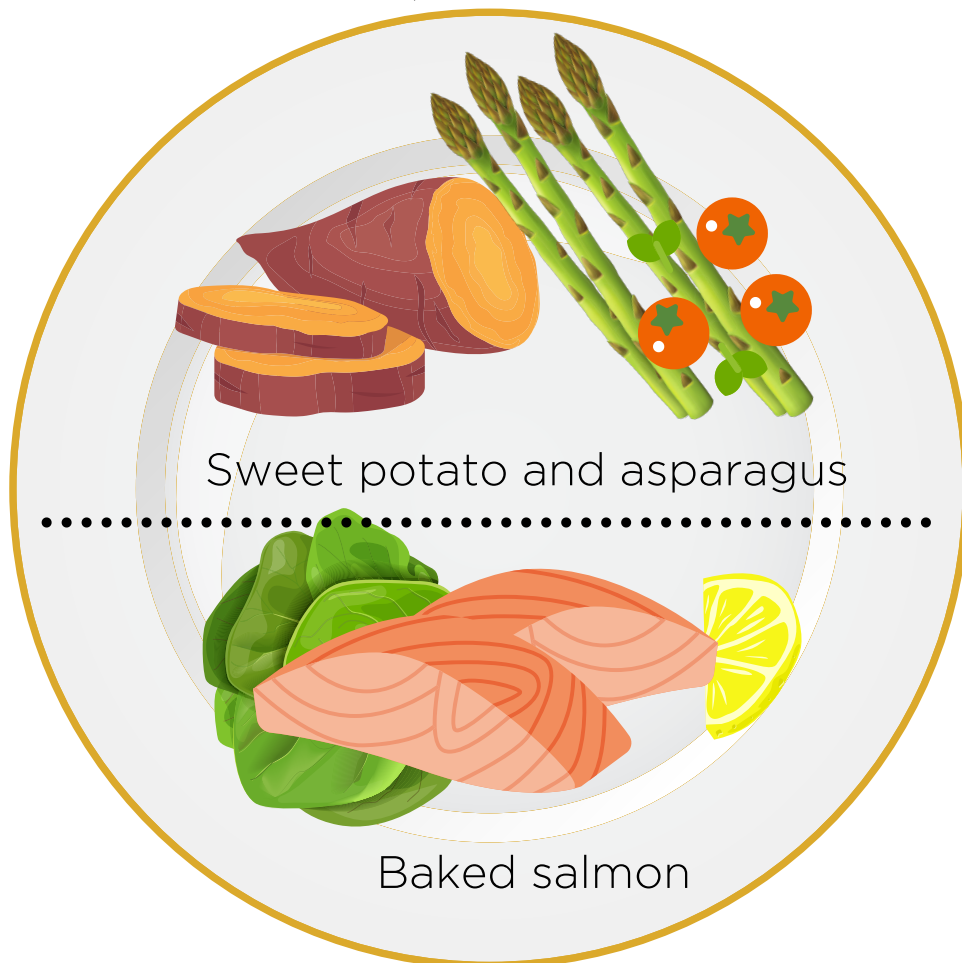
Examples



- Whole Grains
 - Brown rice
 - Quinoa
 - Whole grain pasta, breads, etc.
- Fruits
 - Bananas
 - Apples
 - Kiwi
 - Strawberries
 - Oranges
- Vegetables
 - Bell peppers
 - Zucchini & squash
 - Avocado
 - Broccoli & cauliflower
 - Sweet potatoes
- Others
 - Nuts
 - Seeds
 - Beans
 - Lentils

Plate Example

Fiber



Lean Protein

+ Healthy Fats

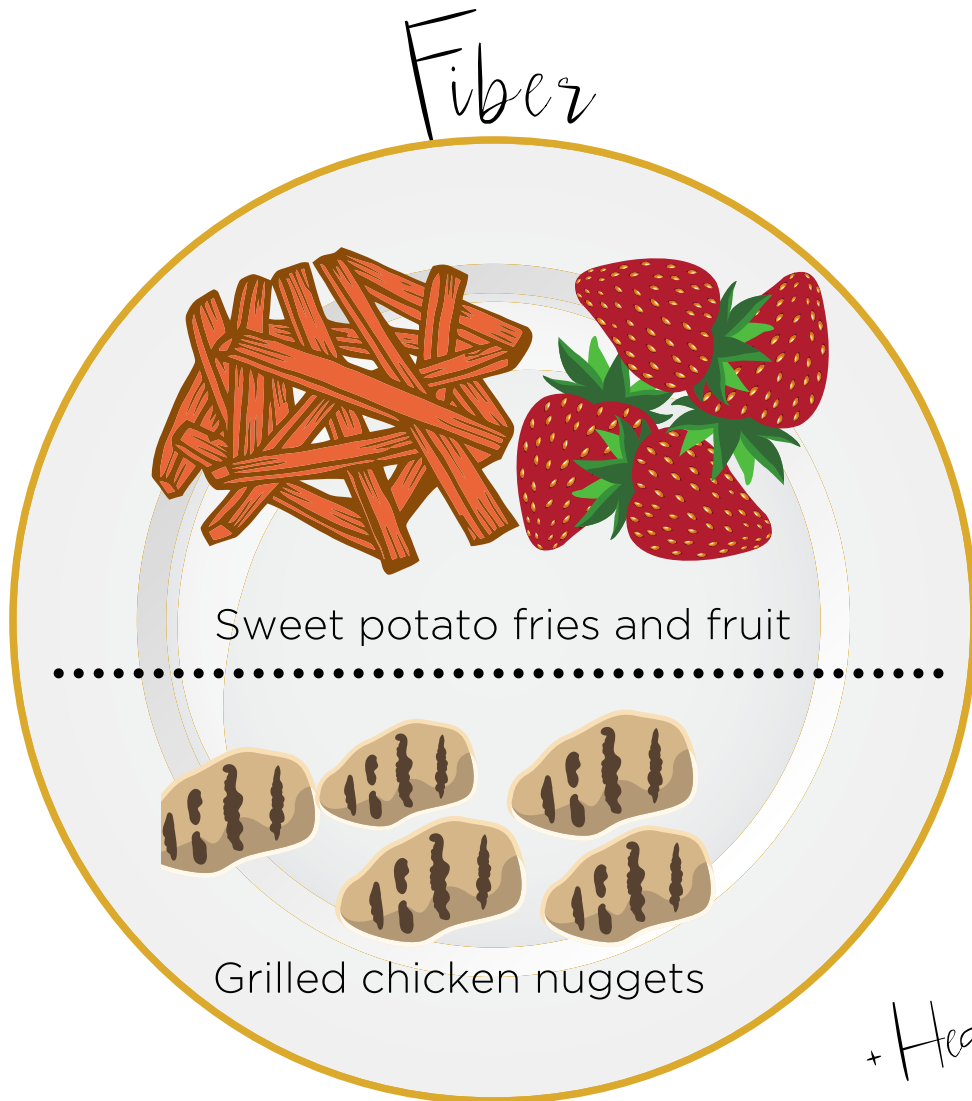


Prepared with olive oil

Plate Example

For Selective Eaters

(yes, even picky eaters can follow this method!)



+ Healthy Fats



Prepared with avocado oil

Lean Protein

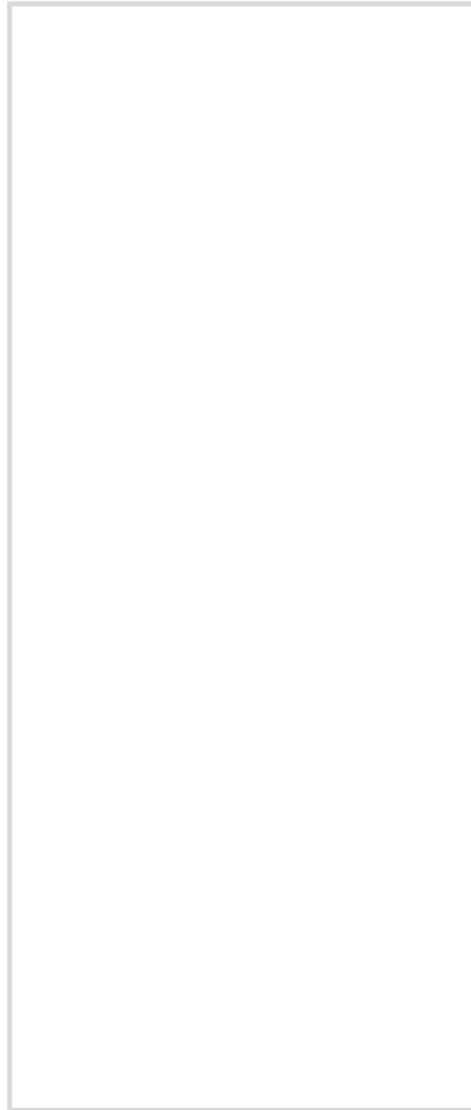
Currently Accepted Foods

In this exercise, write down all currently accepted foods in their respective category. This can help provide you with a bank to pull from when meal and snack planning. Some foods may count for multiple sections (ex: nuts could count for all 3!) - you can list them in multiple lists.

Lean Protein

Healthy Fat

Fiber

A large, empty rectangular box with a thin gray border, intended for listing foods that are lean protein sources.A large, empty rectangular box with a thin gray border, intended for listing foods that are healthy fat sources.A large, empty rectangular box with a thin gray border, intended for listing foods that are high in fiber.

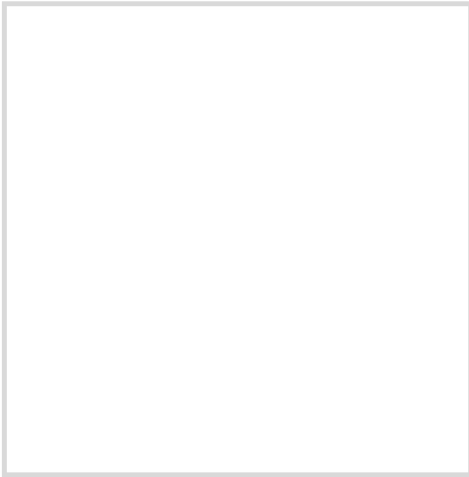
"Maybe" Foods

List out all foods your child *might* try

Lean Protein

Healthy Fat

Fiber



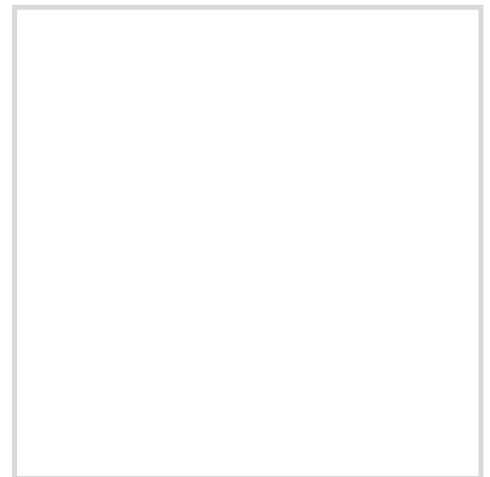
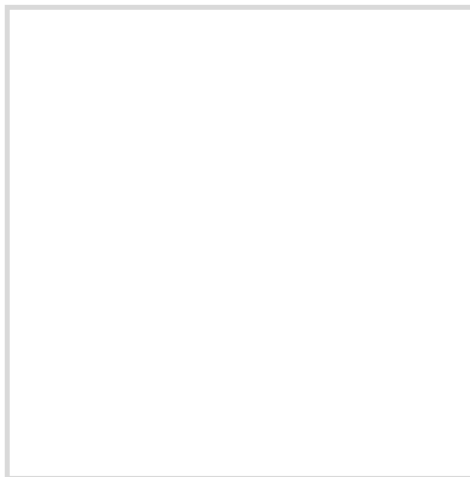
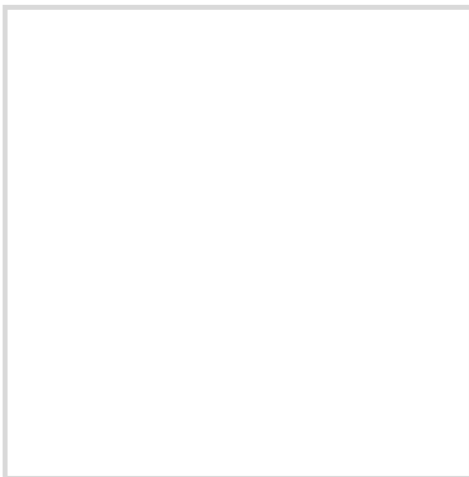
"Not Yet" Foods

List out all foods your child doesn't currently eat, but you'd like them to!

Lean Protein

Healthy Fat

Fiber



Meal Ideas

Now let's put it all together! Here are a few of our ideas:

	Lean Protein	Fiber	Healthy Fat
Breakfast	Scrambled eggs, black beans	Siete grain-free tortilla, spinach, tomato	Avocado
Lunch	Grilled chicken, chickpeas	Brown rice, roasted broccoli, bell peppers	Tzatziki sauce* (or prepare chicken/veggies in oil)
Dinner	Grilled salmon	Asparagus, lentil or chickpea pasta	Pesto made with olive oil and pine nuts
Snack	Nut butter	Apple	

Meal Ideas

Feel free to use our template to create your own meals!

	Lean Protein	Fiber	Healthy Fat
Breakfast	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>	<input type="text"/>
Snack	<input type="text"/>	<input type="text"/>	<input type="text"/>

