

# 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 (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 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	VEGETABLE	PROTEIN	CARBOHYDRATE	PLANT BASED FAT
APPLE SLICES	BABY CARROTS	HUMMUS	100% WHOLE	AVOCADO
PEAR	SLICED PEPPERS	HARD BOILED EGG	WHEAT OR WHOLE	OLIVES
RED GRAPES	CUCUMBERS	NUT BUTTER	GRAIN CRACKERS	ALMONDS
STRAWBERRIES	TOMATOES	MOZZARELLA CHEESE		

### ≤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	STARCHY VEGETABLE	NON-STARCHY VEGETABLES
CHICKPEAS WITH CURRY SPICE	CARROTS	BOK CHOY
WILD SALMON WITH DILL	SWEET POTATOES	EGGPLANT
TOFU WITH GARLIC AND PAPRIKA	ACORN SQUASH	ASPARAGUS
LEMON PEPPER CHICKEN BREAST	MINI POTATOES	ZUCCHINI

### ORDER IN OR DINE OUT

**CHOOSE THESE MEALS WITH A NUTRITIONAL EDGE**

KABOB	MEXICAN	BURGER MEAL	PIZZA
CHICKEN KABOB	BLACK BEAN AND VEGGIE	VEGGIE BURGER	THIN CRUST PIZZA
CHOPPED SALAD	TACOS	WHOLE GRAIN BUN	MUSHROOMS
WHOLE WHEAT PITA	GUACAMOLE	SIDE SALAD	BROCCOLI
	SALSA		SPINACH