



# How to Build a Meal

Forget the food pyramid. Just think about eating right 1 meal at a time. Use the USDA's new plate to help build your next breakfast, lunch, or dinner. Here are some healthy suggestions from WebMD's director of nutrition Kathleen Zelman.

## Fruits

**Options:**

- 1/2 cup berries (raspberry, strawberry, blueberries)
- 1 medium apple, banana, orange, or pear
- 1/2 cup fruit salad
- 1 slice melon (honeydew, cantaloupe, watermelon)
- 1/4 cup dried fruit (raisins, blueberries, cranberries)
- 4 ounces calcium-fortified 100% orange juice

## Grains

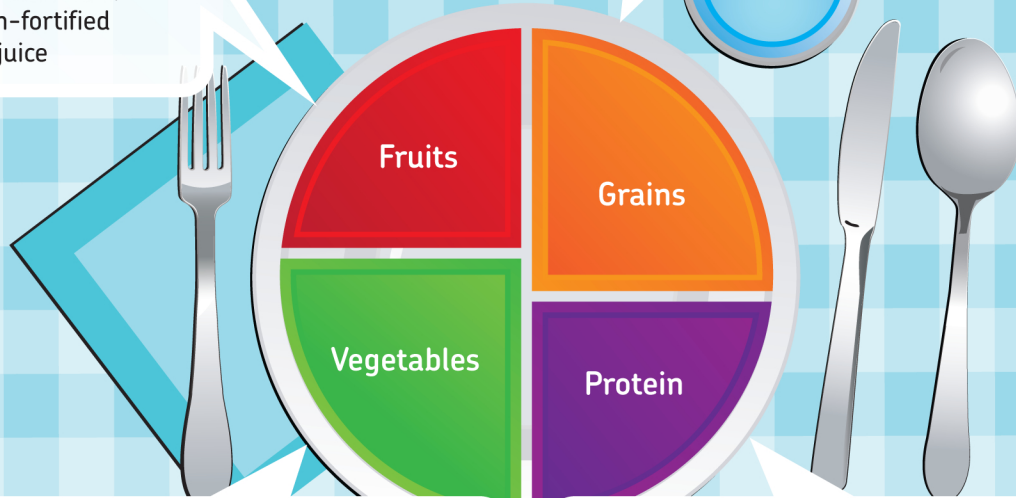
**Options:**

- 1/2 cup couscous
- 1/2 cup oatmeal
- 1 slice whole wheat bread
- 1/3 cup bran cereal
- 1/2 cup pasta
- 1/2 cup brown rice
- Whole-grain crackers

## Dairy

**Options:**

- 8 ounces low-fat yogurt
- 1.5 ounces low-fat cheddar cheese
- 8 ounces skim or low-fat milk
- 8 ounces fortified soy beverage
- 1.5 ounces low-fat string cheese
- 1/2 cup low-fat cottage cheese



## Vegetables

**Options:**

- 1/2 cup broccoli
- 1 cup spinach salad
- 1/2 cup stir-fried vegetables
- 1/2 cup beans or peas
- 1 medium sliced tomato
- 1 cup vegetable soup
- 4 ounces vegetable juice

## Protein

**Options:**

- 3 ounces salmon
- 3 ounces beef or pork tenderloin
- 1 boneless, skinless chicken breast (3 ounces)
- 1 large egg
- 2 tablespoons nut butter
- 1.5 ounces nuts
- 4 ounces (1/2 cup) tofu

## LESS



## MORE

