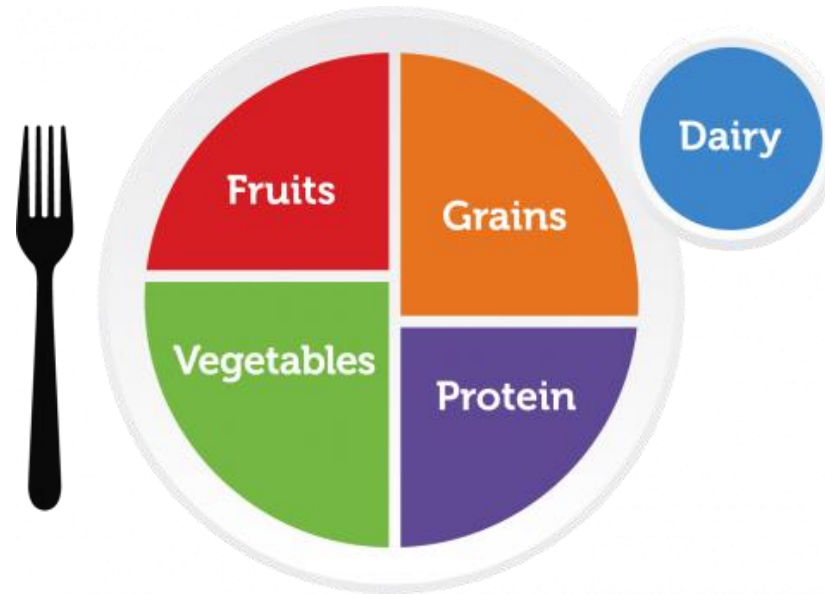


Preparing Balanced Meals

A Guide for HPNAP Supported Prepared Meals



Samantha Abella

Nutrition Resource Manager

BECAUSE IT TAKES MORE THAN FOOD TO FEED THE HUNGRY



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HPNAP Prepared Meals

- ▶ This guide will help meal programs (shelters, soup kitchens, congregate sites, etc.) build a balanced meal as per HPNAP standards.

HPNAP Prepared Meals Guidelines

- ▶ A HPNAP supported prepared meal should provide acceptable servings of the following:
 - ▶ **Two servings of fruits and vegetables** (one vegetable and one fruit, or 2 vegetables, or 2 fruits)
 - ▶ One serving from **2 of the 3 other food groups** (dairy, meat and non-meat proteins, and grains)
- ▶ Acceptable serving sizes are:
 - ▶ Vegetables- ½ cup
 - ▶ Fruits- ½ cup
 - ▶ Grains- approx. 1oz., ½ cup, or 1 slice of bread
 - ▶ Milk + Dairy- 1 cup milk, 6-8oz. Yogurt, 1oz. Cheese
 - ▶ Meat + Non-Meat Proteins- ½ cup cooked beans or 2oz lean meat



Measuring Serving Sizes

**Servings can be estimated using your hands as a tool.

The infographic illustrates seven hand-based serving size estimations, each with a corresponding food item and calorie count. A central image of a hand shows dashed boxes indicating the areas used for these estimations: the fist for volume, the index finger for length, the thumb for width, the fingertip for small amounts, the palm for protein, and the cupped hand for nuts and dried fruit.

- FIST**
Equals 1 cup
Rice - Fruits - Vegetables
200 calories
- FINGERTIP**
Equals 1 teaspoon
Butter - Mayonaise
35 calories
- Cupped HAND**
Equals 1 oz
Nuts - Dried fruit
163 calories
- PALM**
Equals 3 oz
Beef - Chicken - Fish
125 calories
- INDEX FINGER**
Equals 1 oz
Hard cheese
190 calories
- THUMB**
Equals 2 tablespoons
Peanut butter - Dairy
1/2 cup for rice/pasta
- 1 cup for cooked vegetables**

Importance of a Balanced Meal



A balanced meal consists of at least 3 different food groups



Each food group offers different nutrients, vitamins, minerals, and antioxidants



Including a variety of foods from all food groups ensures we get the nutrients needed to provide energy + stay healthy



Fruits + Vegetables

Serving: ½ cup

- ▶ Include a variety to different colored fruits and vegetables
- ▶ Different colors provide different antioxidants which provide many benefits

- ▶ RED - improves heart health
- ▶ GREEN- supports eye health + vision
- ▶ PURPLE- promotes heart health + urinary health
- ▶ WHITE- supports immune system

**Garnishes, such as ketchup or pickle relish, are not considered a vegetable serving

Grains

Serving: 1oz., ½ cup, 1 slice bread



- ▶ Include bread, rice, pasta, oats, quinoa, etc.
- ▶ Include whole grains when possible
 - ▶ Brown rice, whole wheat pasta, whole wheat or oat bread, etc.
- ▶ Whole grains have high fiber content making them a heart healthy option
- ▶ Try slowly introducing whole grains into your eating pattern.
 - ▶ Mix brown and white rice or whole wheat pasta and regular pasta

Milk + Dairy

Serving: 1 cup milk, 6-8oz yogurt, 1oz cheese

- ▶ Choose low fat or non-fat dairy products
- ▶ Low fat and non-fat dairy provides the same protein and calcium content but are lower in saturated fat
- ▶ Non-dairy alternatives that provide at least 7g of protein per serving may count as a serving in prepared meals

**Protein shakes do not count towards a serving of milk/dairy.



Meat + Non-meat Proteins

Serving: ½ cup cooked beans, 2oz. lean meat

- ▶ Protein is essential for building + maintaining muscle, supporting immune health and providing energy
- ▶ Lean meats are low in saturated fats.
 - ▶ Chicken, turkey, 90/10 ground beef, fish
- ▶ Beans are an excellent source of protein that also provide fiber, a nutrient not found in animal protein.
- ▶ Beans typically cost less than animal protein



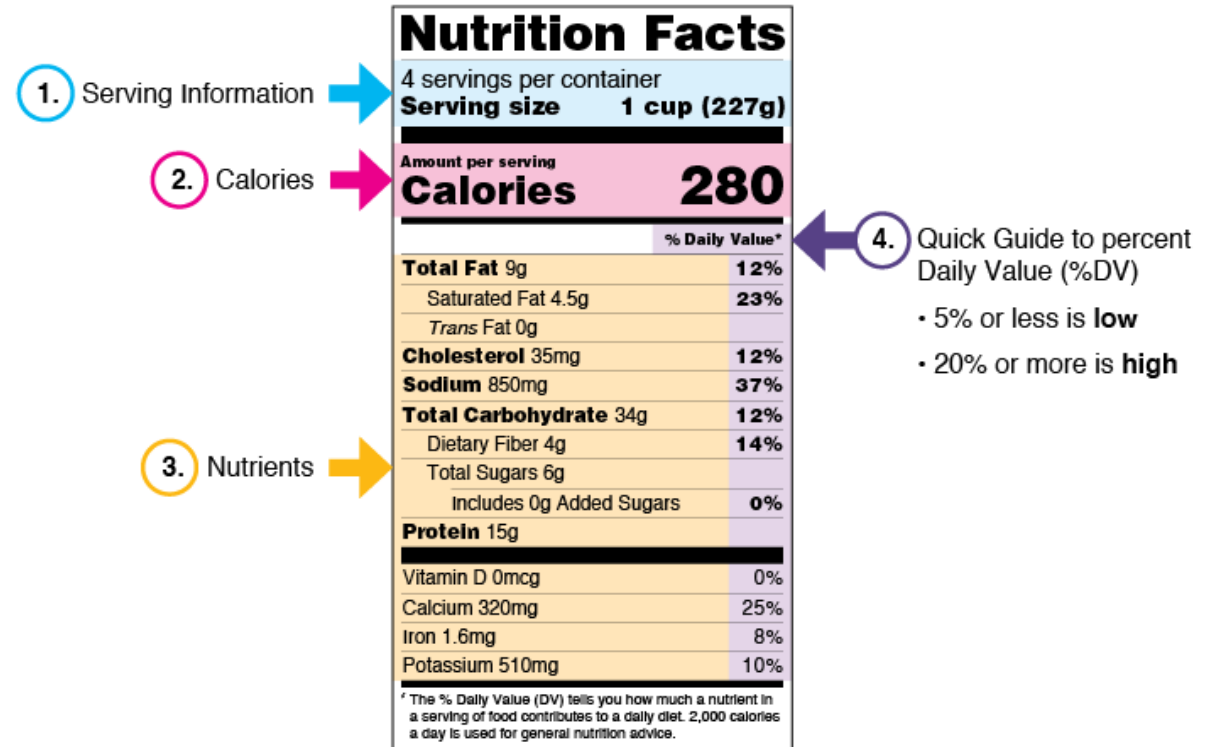


Healthy Food Preparation

- ▶ Limit frying- instead, bake, roast, broil, grill, or steam.
- ▶ Have fun with flavor- add a squeeze of citrus juices like lemon, lime or orange to vegetables, chicken or fish. Use herbs and spices and reduce salt when cooking.
- ▶ Use fruit to naturally sweeten foods. Add fruit to plain yogurt, oatmeal and smoothies.

Look at Labels

- ▶ Check the nutrition facts label for Sodium, Added Sugar, and Saturated Fat
- ▶ It is recommended to have no more than 6-9 teaspoons (24g-36g) of added sugar per day
- ▶ Choose low sodium or no added salt packaged food items.
 - ▶ Reduced sodium items are not necessarily 'low sodium'. Low sodium items must have 140mg or less sodium per serving.



Questions?

- ▶ Contact Samantha Abella, Nutrition Resource Manager
 - ▶ sabella@licares.org
 - ▶ 631.582.3663 ext. 123

- ▶ Follow the link below to receive your certificate of completion:
 - ▶ <https://www.cognitofrms.com/LongIslandCaresFoodBank/nutritionworkshop>

