

Making Healthy Choices: One Day At a Time

Small changes to more nutrient-dense, single food and beverage choices that, when combined, become a nutrient-dense meal, can lead to a whole day made up of nutrient-dense meals and snacks. The following example, which comes in under 2,000 calories, shows how people can make thoughtful choices that meet their food group needs, stay within limits, and, importantly, that they can enjoy.



BREAKFAST

Total calories: 375

- **Banana-Walnut Overnight Oats (350 calories):**
 - » Oats ($\frac{1}{2}$ cup raw)
 - » Low-fat, plain Greek yogurt ($\frac{1}{4}$ cup)
 - » Fat-free milk ($\frac{1}{4}$ cup)
 - » Banana ($\frac{1}{2}$ banana)
 - » Walnuts (4 nuts)
 - » Honey (1 tsp)
- **Coffee (25 calories):**
 - » Coffee (1 cup)
 - » Fat-free milk ($\frac{1}{4}$ cup)



LUNCH

Total calories: 715

- **Chicken Burrito Bowl (710 calories)**
 - » Brown rice (1 cup)
 - » Romaine lettuce ($\frac{1}{2}$ cup)
 - » Black beans, low sodium ($\frac{1}{3}$ cup)
 - » Grilled chicken with spice rub (2 ounces)
 - » Grilled vegetables ($\frac{1}{3}$ cup)
 - » Sliced avocado (5 slices)
 - » Fresh salsa/pico de gallo ($\frac{1}{4}$ cup)
 - » Reduced-fat cheese ($\frac{1}{3}$ cup)
 - » Jalapeño (5 slices)
- **Iced Tea, No Sugar (16 ounces) (5 calories)**



The nutrient density and healthfulness of what people eat and drink often is determined ultimately by how a food item, dish or meal is prepared, at home and away from home, or produced by a manufacturer. Based on the U.S. food supply and marketplace, the examples of healthy dietary patterns in this edition are achievable through thoughtful, informed choices one decision, one meal, one day at a time—and consistently over time.

DINNER

Total calories: 585

- **Oven-Roasted Tilapia and Vegetables With Pasta (510 calories)**
 - » Tilapia (4 ounces)
 - » Broccoli ($\frac{1}{2}$ cup)
 - » Carrots ($\frac{1}{3}$ cup)
 - » Summer squash ($\frac{1}{3}$ cup)
 - » Pasta ($\frac{3}{4}$ cup cooked)
 - » Garlic-herb oil (1 Tbsp)
- **Orange (1 medium) (75 calories)**
- **Sparkling Water (8 ounces) (0 calories)**

SNACKS

Total calories: 300

- **Air-Popped Popcorn (2 cups) (60 calories)**
- **Yogurt and Peaches (240 calories)**
 - » Plain, low-fat Greek yogurt (1 cup yogurt)
 - » Canned peaches packed in 100% juice ($\frac{1}{2}$ cup)



**TOTAL CALORIES
FOR THE DAY:
2,000**

