Building Balanced Meals

And Intuitive Eating

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What Makes a Balanced Meal

Protein

Meat, eggs, tofu, fish, beans

Healthy fats

Olive oil, avocado, nuts, seeds

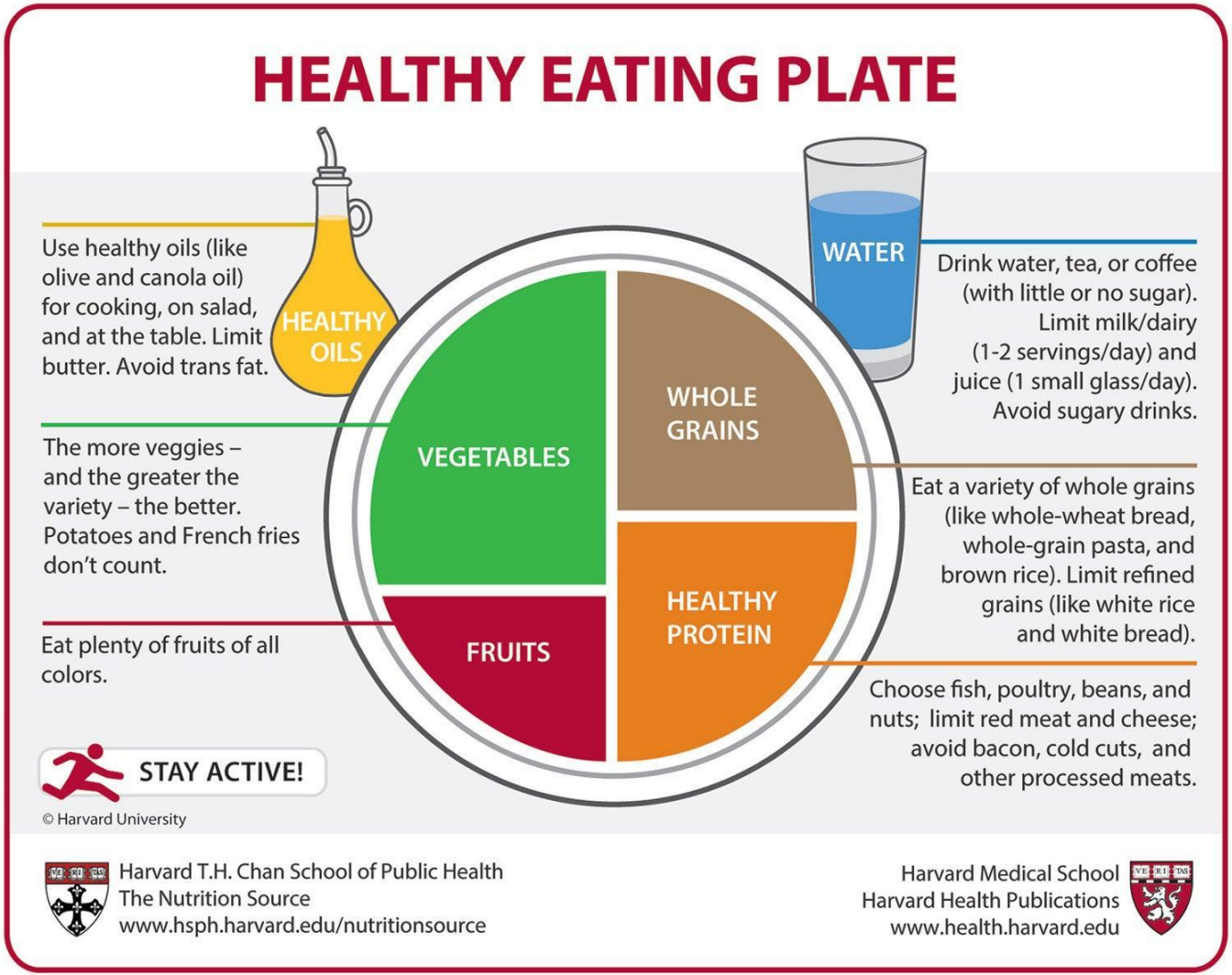
Fiber-rich carbs

Whole grains, legumes

Colorful Produce

Fruits, vegetables, herbs

HEALTHY EATING PLATE



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Basics of Intuitive Eating

- Listening to hunger & fullness cues
- Choose foods that bring satisfaction
- Enjoy a variety of colors, flavors, and textures
- Think about adding, not restricting

Satiety Scale

10 | Extremely stuffed, nauseous

9 | Stuffed, very uncomfortable

8 | Overfull, somewhat uncomfortable

7 | Full, but not uncomfortable

6 | Satisfied, but could eat a little more

5 | Starting to feel hungry

4 | Hungry, stomach growling

3 | Uncomfortably hungry, distracted, irritable

2 | Very hungry, low energy, weak and dizzy

1 | Starving, no energy, very weak

How to Stop the Cycle of Emotional or Bored Eating:

- Pause and Check in
- Shift the Focus Away from Food
- Give Yourself Permission *with Awareness
- Build an “Eating Toolbox”’
- Practice Self-Compassion

Thanks!

Do you have any questions?

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Want to Learn More?

MyPlate (USDA)

- WWW.myplate.gove

Harvard Healthy Eating Plate

- https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/

Intuitive Eating Official Site

- https://www.intuitiveeating.org/

American Heart Association

- https://www.heart.org/en/healthy-living/healthy-eating