

Build a better main meal.

Plan the meal around pasta, rice, bread, or potatoes.

Add little or no fat. Add plenty of vegetables.



Pasta	Top spaghetti with meatless tomato sauce and steamed vegetables. Make lasagna with low-fat cheese and a layer of spinach or zucchini.
Rice, Other grains	Serve rice with stir-fried vegetables. Add rice to vegetable soup or chili. Experiment with barley, cous cous, wild rice, millet, kasha, and bulgur.
Bread, Tortillas	Make pita bread pizzas, topped with vegetables and low-fat cheese. Fill tortillas with steamed vegetables, rice, and salsa. Sandwiches can be a main meal, too (e.g., grilled chicken, hot turkey). So can breakfast foods (e.g. pancakes with low-fat spread, applesauce).
Potatoes	Top baked potatoes with steamed vegetables and nonfat sour cream. Make a delicious stew with plenty of potatoes, carrots, and onions. Try scalloped potatoes made with low-fat cheese sauce.

Add low-fat cuts of meat, poultry, or fish, cooked without fat.

- Serve dried beans, in the place of meat, more often.
- Think of meat as a garnish, side dish, or flavoring, not as the center of the meal.
Two to three ounces of meat per person is plenty.
To make it look like a larger portion, slice it thin, spread it out on the plate, or serve it with a fat-free sauce or gravy.
Or cut lean meat in small bits or strips. Add to rice, pasta, stew, or soup.
- Make chili with more beans and less or no meat.
- Try lentil dishes, bean soups and split pea soup, and baked beans. Avoid cooking beans with fatty meats.



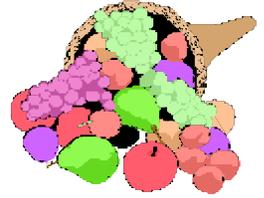
Serve fruit as a side dish or for dessert.

- Slice several kinds of fresh or canned fruit (without syrup) into an attractive bowl.
- As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt.



My best main meal.

Look through several of your completed Keeping Track books.
Find some examples of healthy main meals.



What food choices work well for you?

How many fat grams and/or calories at your main meal are best?

Fat goal for main meal: _____ grams

Calorie goal for main meal: _____ calories

Use the examples to build 3 “standard” main meal menus for yourself.

1.

2.

3.