

# *Healthy in a Hurry*



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[www.feedinginfantsntoddlers.com](http://www.feedinginfantsntoddlers.com)

## **To be healthy, well-balanced and *quick*, meals need *planning*.**

Take a few minutes and get your family around the table to plan the coming week's menus. Everyone participates and everyone gets their favorite meals. The menu becomes your shopping list.

A meal needs to contain:

- Protein: meat, fish, chicken, turkey, cheese, beans, veggie burgers or shrimp
- Vegetable: see list below; serve a new one every week.
- High fiber carbohydrate/starch: brown rice, wheat pasta, sweet potato, beans, quinoa



### **DEDICATE YOUR PLATE**

1. Draw a line down the middle of your dinner plate. Divide it again on one side so you have 3 sections.
2. Fill the large section with a vegetable.
3. In one small section, put a serving of protein.
4. In the other small section, put a serving of a carbohydrate/starch.
5. Round out the meal with a calcium-rich beverage (milk, soy milk, almond milk) and a fruit for dessert.

## For speed, include one from each group:

**PROTEIN:** Chicken or turkey without the skin; fish like tuna, salmon, cod, catfish; other seafood like shrimp, clams, oysters, crab, mussels; lean cuts of beef and pork like sirloin, pork loin; tofu; eggs; low-fat cheese

**VEGETABLES:** Pre-washed and chopped vegetables – fresh is best but frozen is okay. Artichoke; asparagus; bamboo shoots; green beans; beets; broccoli; Brussels sprouts; cabbage; carrots; cauliflower; celery; chayote; coleslaw; cucumber; eggplant; green onions; greens (collard, kale, mustard, turnip); hearts of palm; jicama; kohlrabi; leeks; mixed vegetables (without corn, peas or pasta); mushrooms; okra; onions; peppers; radishes; rutabaga; sprouts; spinach; squash (summer, crookneck, zucchini); Swiss chard; tomato; turnips; water chestnuts; salad greens (chicory, endive, escarole, lettuce, romaine, arugula, radicchio, watercress); salad fixings--bagged lettuce; spinach; kale; cherry tomatoes; cucumbers; shredded carrots; green, red, yellow peppers

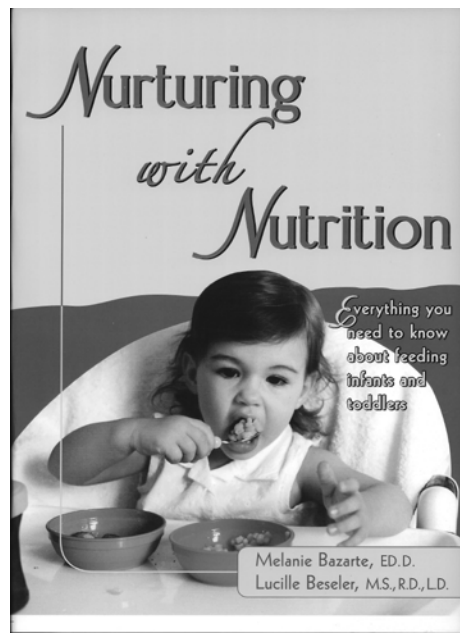
**CARBOHYDRATES/STARCHES:** Brown rice in one-serving packages (a little high in sodium but...); whole wheat pasta; whole grain breads like whole wheat or rye; whole grain/or high-fiber cereal; cooked cereal like oatmeal, grits, hominy, cream of wheat or rice; pasta; tortillas; cooked beans; peas like pinto beans, black-eyed peas, green peas, chick peas, lima beans; potatoes; sweet potatoes; corn; winter squash

Plan ahead for slow cooker suppers. Use outdoor grills, indoor grills (like Forman) and convection ovens for speed and convenience.

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***Nurturing with Nutrition: Everything You Need to Know about Feeding Infants and Toddlers***

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