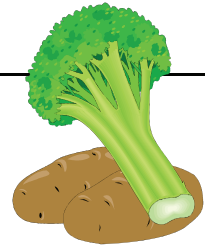


# Build a better main meal.



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

Add little or no fat. Add plenty of vegetables.

<b>Pasta</b>	Top spaghetti with meatless tomato sauce and steamed vegetables. Make lasagna with low-fat cheese and a layer of spinach or zucchini.
<b>Rice, Other grains</b>	Serve rice with stir-fried vegetables. Add rice to vegetable soup or chili. Experiment with barley, cous cous, wild rice, millet, kasha, and bulgur.
<b>Bread, Tortillas</b>	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).
<b>Potatoes</b>	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.

And 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.



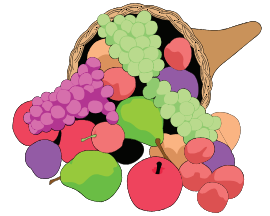
## Serve fruit as a side dish or for dessert.

- 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.

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



**What food choices work well for you?**

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**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. \_\_\_\_\_  
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