

High BMI-Friendly Guidelines.

SIMPLE & DELICIOUS MEALS TO TRY

Black Bean & Cucumber Salad

Drain and rinse canned black beans, chop a cucumber, small onion, and some cilantro/parsley to taste. Toss everything into a bowl with some crumbled/shredded cheese of your preference, a few drops of lime juice/vinegar, a few drops of olive oil, and salt and pepper to taste.

Stuffed Green Peppers

Slice the top off green peppers; remove the seeds. Sauté canned chicken/tuna or any other type of ground meat along with your favorite veggies and seasoning, spoon into the peppers and bake for a quick yummy meal.

Veggies & Dip (Snack)

Slice up some peppers, carrots and celery, and pair with your favorite dip such as hummus, ranch dressing, tzatziki sauce, cream/neufchatel cheese.



FRUITS

Aim to include 1 serving of fruit in each meal. Go for fresh whole fruits with high fiber content such as berries, pears, apples and bananas.

VEGETABLES

Aim to include 2-3 servings of vegetables in each meal. Focus on consuming fresh non-starchy vegetables, which are usually low on the glycemic index and promote weigh loss.

GRAINS & CEREALS

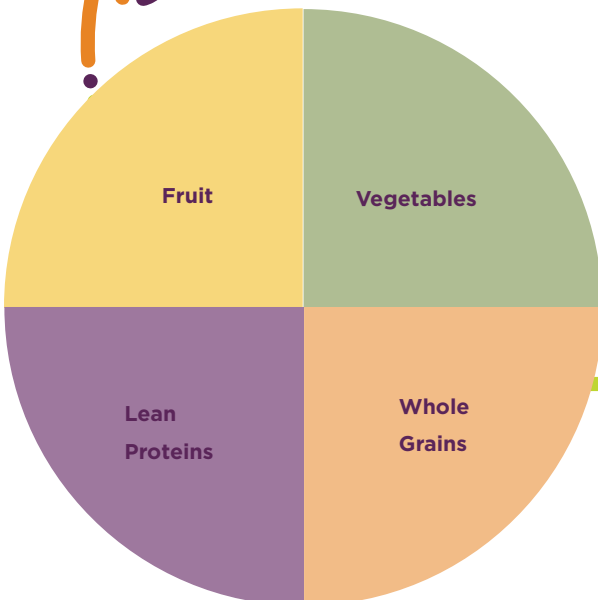
Aim to include 1 serving of grains or cereal in each meal. Make at least half of your daily grains whole.

MEATS & LEGUMES

Aim to include one serving of lean protein or protein alternatives in each meal. Vary your protein food choices.

DAIRY +

Spreads and oils will last a very long time as well as shelf stable milk. Aim to use skim or low fat milk and byproducts. Consume as recommended per serving size.



For additional healthy and delicious recipes, food resources and updates, text FTBFYI to 855-530-3663