

# Building a Satisfying Meal

There are 4 key parts of a complete meal or snack. Including these 4 parts makes your meal more nutritionally balanced, satisfying, and more enjoyable to eat!

## Carbohydrates

1

Carbohydrates, or carbs, give us quick energy that our body can use in the short term. They are also the preferred source of energy for our brain. Carbs are found in foods like grains, potatoes, peas, corn, fruits, beans, and lentils.

## Protein

2

Protein is used in the growth, repair, and maintenance of body tissues. When we are injured, our body needs more protein to heal. Protein is found in foods like meat, poultry, fish, eggs, beans, lentils, nuts, and seeds.

## Fiber

3

Fiber is important for healthy digestion. It adds bulk to our food and helps us have healthy bowel movements. Fiber is found in foods like vegetables, fruits, whole grains, beans, and lentils.

## Fat

4

Fats are important for the absorption of certain vitamins in the food we eat. Vitamin A, Vitamin D, Vitamin E, and Vitamin K all need fat to be absorbed. Omega-3 fatty acids are a type of essential fat, meaning that we must get them from the foods we eat. Fat is found in foods like oils, cheese, meat, poultry, fish, nuts, and seeds.

# The 4 Key Parts

## Carbohydrates

Rice	Beans
Bread	Lentils
Tortillas	Apples
Pasta	Bananas
Oats	Oranges
White potatoes	Pears
Sweet potatoes	Peaches
Corn	Melon
Peas	Berries

## Protein

Beef	Cheese
Lamb	Beans
Pork	Lentils
Chicken	Tofu
Turkey	Tempeh
Fish	Nuts
Shellfish	Seeds
Eggs	Nut butters

## Fiber

Broccoli	Cabbage
Tomatoes	Whole grains
Cucumbers	Beans
Kale	Lentils
Collards	Apples
Carrots	Bananas
Green beans	Oranges
Beets	Pears
Peppers	Peaches
Lettuce	Melon
Eggplant	Berries

## Fat

Olive oil	Beef
Coconut oil	Lamb
Canola oil	Pork
Butter	Chicken
Avocado	Fish
Nuts	Shellfish
Seeds	Eggs
Nut butters	Cheese



Notice that some foods fit into more than one category. For example, eggs have fat and protein.