Lesson Three Topics and Activities

This Week’s Topics

» Learning to eat well
» Building Your Pyramid

This Week’s Tasks

» Continue to keep track of your daily intake and assess R-K-O status daily.
» Practice using Eat Well strategies: Building Your Pyramid, Redesign Your Plate
» Record any questions, thoughts or feelings you have throughout the week to share during the group chat.

This Week’s Activities

» Building Your Pyramid
» Redesign Your Plate
This Week’s Activity: Redesign Your Plate

Look at the two meal plans below. In the first box we have a hypothetical “typical” meal pattern. Notice how the meals are not balanced to meet the New American Plate model. Then look at how the meals were redesigned in the second section to make them more balanced. See how your plate stacks up on on the next page!

Typical Breakfast:
- Veg/Fruit:
- Protein: yogurt
- Starch: granola

Typical Lunch:
- Veg/Fruit: Big salad with low-fat Italian dressing
- Protein:
- Starch: 2 packages oyster crackers

Typical Dinner:
- Veg/Fruit: broccoli with butter sauce
- Protein: flank steak with Cajun rub
- Starch: Dinner roll, baked potato

Set Point Breakfast:
- Veg/Fruit: berries
- Protein: yogurt
- Starch: Kashi Crunch

Set Point Lunch:
- Veg/Fruit: Salad with low-fat dressing
- Protein: 3 oz tuna & beans added to salad
- Starch: 1 slice whole wheat bread

Set Point Dinner:
- Veg/Fruit: broccoli & butter spray, small side salad
- Protein: 3 oz chicken breast w/Cajun rub
- Starch: m large baked potato

This Week’s Activity: Redesign Your Plate
Think about what you ate yesterday (or use some typical meals) and fill the blank plate on the left with the approximate amounts of each type of food you ate. In the second section below design your new plate.

**Typical Breakfast:**
- Veg/Fruit:
- Protein:
- Starch:

**Typical Lunch:**
- Veg/Fruit:
- Protein:
- Starch:

**Typical Dinner:**
- Veg/Fruit:
- Protein:
- Starch:

**Set Point Breakfast:**
- Veg/Fruit:
- Protein:
- Starch:

**Set Point Lunch:**
- Veg/Fruit:
- Protein:
- Starch:

**Set Point Dinner:**
- Veg/Fruit:
- Protein:
- Starch:

Design Your New Plate