



Your guide to Healthy eating

**Bonus: 3-day
sample menu**

**Simple strategies
to help you thrive**





Welcome!

Planning healthy meals and snacks is at the heart of any wellness journey. But there is no one meal plan that is best for everyone. We all have different nutrition needs, likes and dislikes, budgets, and more. That's why we created Your Guide to Healthy Eating.

This guide is packed with healthy-eating and meal-planning tools. Each page will help you create a plan that will work for you. Use it to create lasting changes so you can thrive.

Enjoy!
Your Teladoc Health Team

Sneak peek inside

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Understanding the basics

Food is made of three basic nutrients that provide fuel to your body: carbohydrates, proteins, and fats. Knowing how the body uses each nutrient and meeting the goals below will help you build well-balanced meals that are healthy and satisfying.



Carbohydrates

Carbs are the sugars and starches that your body breaks down into glucose to use for energy.

Carbs cause your blood sugar to rise. Too many of the less nutritious kind, like added sugars, can cause weight gain and increase your risk of diabetes and heart disease. It's important for people with diabetes to closely monitor carb intake. Carb foods include grains, fruit, starchy veggies (sweet potatoes, turnips, winter squash), dairy, and baked goods.

Your goal: Choose moderate portions of the more nutritious carb foods — fresh fruits, starchy veggies, beans, and high-fibre grains. Avoid added sugars.



Non-starchy veggies

Non-starchy veggies are low in carbs and calories and a great source of fibre, vitamins, and minerals.

Your goal: Fill half of your plate with a variety of non-starchy veggies at each meal. It's not necessary to limit portion sizes like you do with other carb-containing foods — eat as much as you desire.



Protein

Protein helps build and keep muscle. It also helps you feel full. Protein has very little impact on your blood sugar and is the main nutrient in chicken, beef, eggs, and fish. It is also found in nuts, seeds, and beans.

Your goal: Include protein when eating carbs. This slows the rise of blood sugar following a meal or snack. Opt for lean or plant-based protein sources.



Fats

Fats help your brain and nervous system work, and add great flavour and texture to food. When eaten alone, fats will not raise your blood sugar. Healthy fats are found in olive oil, avocado, olives, nuts, seeds, sunflower oil, and fatty fish like salmon.

Your goal: Choose foods that contain healthy fats (poly and monounsaturated). Limit saturated fats and avoid trans fats.

Curious about how these nutrients translate into the foods you eat? Keep reading to take a look at our detailed Teladoc Health food groups guide.

Teladoc Health food groups

The next step: Figuring out what to eat! Below you'll find examples of foods that fall into each group. Depending on your health needs, you may be able to eat more than one serving at a meal. Use this as a guide to build a variety of satisfying meals that help you reach your goals.



Non-starchy veggies

One serving contains about 5 grams of carbohydrates and around 25 calories $\frac{1}{2}$ cup cooked or 1 cup raw for one non-starchy vegetable choice below

Artichoke	Green cabbage, red cabbage, bok choy
Arugula	Greens (collard, mustard, turnip, escarole, etc.)
Asparagus	Jicama
Bamboo shoots	Kohlrabi
Broccoli	Mushrooms
Brussels sprouts	Okra
Cactus	Onions
Cauliflower	Peppers (red, green, yellow, mini)
Cucumber	Spinach, kale
Daikon	Summer squash (yellow, zucchini)
Eggplant	Tomatoes
Green beans, wax beans, italian beans	Water chestnuts



Carbohydrates (fruits)

One serving contains 15 grams of carbs and around 60 calories

Apple	1 small
Banana	1 extra small or $\frac{1}{2}$ large
Blueberries	$\frac{3}{4}$ cup
Cantaloupe or honeydew melon	1 cup diced
Dried fruit	2 Tbsp
Grapes	17 small
Mango	$\frac{1}{2}$ cup or $\frac{1}{2}$ small
Nectarine or peach	1 medium
Orange	1 medium
Papaya	1 cup cubed or $\frac{1}{2}$ papaya
Pineapple	$\frac{3}{4}$ cup fresh or $\frac{1}{2}$ cup canned
Plantain	$\frac{1}{3}$ cup or $\frac{1}{4}$ plantain
Raspberries or blackberries	1 cup
Strawberries	$1\frac{1}{4}$ cup whole
Watermelon	$1\frac{1}{4}$ cups diced

Teladoc Health food groups



Carbohydrates (starches)

One serving contains 15 grams of carbs and around 80 calories

Bagel	<i>1/4 large bagel (28 g)</i>
Beans (black, garbanzo, kidney, lima, navy, pinto, etc.)	<i>1/2 cup cooked also = 1 protein serving</i>
Bread slice (reduced-calorie, light)	<i>2 slices (1½ oz)</i>
Bread slice	<i>1 slice (28 g)</i>
Chapati	<i>28 g</i>
Corn	<i>½ cup or ½ large cob</i>
English muffin	<i>½ muffin</i>
Green peas	<i>½ cup</i>
Grits	<i>½ cup cooked</i>
Hamburger or hot dog bun	<i>½ bun</i>
Hard taco shell	<i>2 small taco shells</i>
Matzo	<i>¾ oz</i>
Naan	<i>3½-inch square (28 g)</i>
Oatmeal	<i>½ cup cooked</i>
Pita (15 cm)	<i>½ pita</i>
Plain potato, sweet potato, yam	<i>½ cup</i>
Popcorn	<i>3 cups</i>
Rice, pasta, quinoa, couscous	<i>½ cup cooked</i>
Tortilla (15 cm)	<i>1 small tortilla</i>
Winter squash (butternut or acorn)	<i>1 cup</i>



Carbohydrates (milk & yogurt)

One serving contains 6-12 grams of carbs and around 80-160 calories

Chocolate milk	<i>½ cup</i>
Cow's milk (whole, reduced fat, skim)	<i>1 cup</i>
Kefir (plain, unsweetened)	<i>1 cup</i>
Rice milk (plain, unsweetened)	<i>1 cup</i>
Almond milk (plain, unsweetened)	<i>1 cup</i>
Soy milk (plain, unsweetened)	<i>1 cup</i>
Yogurt, greek or regular (plain, unsweetened)	<i>175 ml</i>

Note: If food/drink is flavoured or sweetened, read the label for more details

Teladoc Health food groups



Protein

One serving contains 7 grams of protein and around 35-100 calories

Cheese	28 g
Chicken, turkey, fish, beef, lamb, goat, pork	28 g
Cottage cheese	1/4 cup
Egg substitute	1/4 cup
Egg whites	2 egg whites
Eggs	1 egg
Nut spread, no sugar added (peanut, almond, soy butter) *	1 Tbsp
Nuts and seeds	1 Tbsp
Tempeh (check label for carb counts) *	1/4 cup
Tofu *	1/2 cup



Fats

One serving contains 5 grams of fat, around 45 calories, usually 0 carbs, but always check the label

Almonds or cashews *	6 nuts
Avocado	2 Tbsp
Bacon	1 slice
Butter, stick	1 tsp
Chitterlings, boiled	2 Tbsp
Coconut milk, canned	1/3 cup light or 1 1/2 Tbsp regular
Coconut, shredded	2 Tbsp
Mayonnaise	1 tsp regular or 1 Tbsp reduced fat
Nut butters *	1 1/2 tsp
Oil (olive oil, canola oil, peanut oil, vegetable oil, etc.)	1 tsp
Olives	8 black or 10 green
Peanuts *	10 nuts
Pecans and walnuts	4 halves
Pistachios *	16 nuts
Sour cream, regular	2 Tbsp

* Plant-based protein foods provide quality protein, healthy fats, and fibre. They vary in how much fat and carbohydrate they contain, so make sure to read labels.

Balance your plate

You can eat well and still enjoy yummy meals! The balanced plate model is an easy, delicious way to fuel your body. Following this format will help you fill your plate with healthy foods in the right proportions.

It's as simple as eyeballing it. A balanced plate has 50% non-starchy veggies, 25% lean proteins, and 25% carbs. It may also include a little healthy fat.

Start with a **9-inch (about 23 cm) plate**. Measure your usual plates and see how wide they are. If they're bigger than 9 inches, try using smaller plates. You can also fill your regular plates to the 9-inch mark.

Use the Teladoc Health food groups Guide on the previous pages to help you fill your plate. You'll find lots of tasty options to help create a variety of balanced and satisfying meals. Plugging different foods into the sections of the plate can even inspire creativity and get you out of a rut.

50%

Non-Starchy Veggies = half of your plate

Options include: Broccoli, lettuce, tomatoes, zucchini, mushrooms, kale, and cauliflower

25%

Carbs = a quarter of your plate

Options include: Brown rice, whole wheat pasta, sweet potatoes, fruit, and quinoa

25%

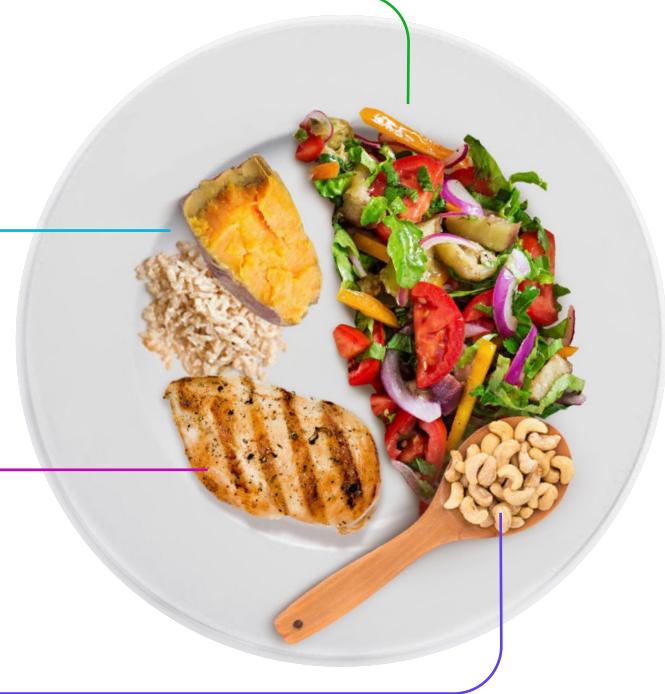
Proteins = another quarter of your plate

Options include: Chicken, turkey, salmon, tuna, eggs, tofu, and tempeh

*

Healthy Fats = just a bit

Options include: Olive oil, avocado, olives, sunflower oil, nuts, and seeds



Healthy portion sizes, any time

Now that you know how to balance your plate, it's important to consider how much you eat. When it comes to portion sizes, it can feel like the world is working against us. Restaurant servings for one can be enough for a family to share. Even the plates we use at home have gotten bigger!

Luckily, you can retrain your eyes — and your stomach — to recognize what "enough" looks and feels like. Use your hand as a guide to estimate portions that will satisfy and help you reach your goals.



Fist

Whole grains, starchy vegetables, whole fruits

Palm of Hand

Proteins, tofu, tempeh



Thumb

Dressings, dips, desserts

Two Flat Hands Side by Side

Total amount of food per meal

Flat Hand

Non-starchy vegetables

How to build a healthy meal

Knowing what to eat is only the first step. Figuring out how to plan, prep, and enjoy healthy foods that fit your nutrition needs is another skill. Here are some strategies you can use to achieve your goals:



Plan and Shop

- Make a meal plan for your breakfasts, lunches, dinners, and snacks for the week.
- Shop for foods on your plan. This makes you more likely to stick with it!
- Don't be fooled by discounts. "Good deal" doesn't mean "good for you"!

Prep Ahead



- Wash, cut, and store produce in containers right after grocery shopping.
- Portion out, bag, and sort lunch foods for the whole week on Sunday evening.
- Cook once, eat twice: Prepare more than you need so you can enjoy leftovers, too.

Get Cooking



- Cut the fat:
 - Simmer foods in water or vegetable stock instead of frying in oil.
 - Use a spray of extra-virgin olive oil instead of butter or shortening.
- Slash the sodium:
 - Skip the salt in recipes. Replace it with your favourite herbs and spices.
 - Use lemon juice and vinegar to tone down bitterness and sharpen flavours.
- Bump up the veggies:
 - Double the amount of non-starchy veggies in a recipe.
 - Grill, roast, or steam veggies to mellow bitterness and help bring out their flavour.
- Include lean proteins:
 - Make sure your meals contain lean meat, fish, eggs, beans, or tofu.
 - Cook using healthier methods: Grill, roast, or sauté.
- Choose whole grains:
 - Whole grains are naturally rich in fibre, antioxidants, and other nutrients.
 - Whole grains are also sources of carbs and calories. Portion size matters!

Eat and Enjoy



- Be mindful when eating:
 - Avoid distractions like the TV, your phone, or tablet.
 - Slow your pace by taking a bite and then putting your fork down. Chew and savour!
 - Take the time to enjoy your healthy meal with family, friends, or just yourself.

Produce + protein snacks

Having a snack between meals can curb hunger throughout the day. Well-planned snacks can also keep you from eating too much at meals. Snacks that contain both produce and protein are your best bet. That combo will help fill you up and keep you satisfied until mealtime.

Here are a few dynamic snack duos:



+



Celery sticks + peanut butter



+



Blueberries + plain yogurt



+



Red bell pepper slices + string cheese



+



Lettuce cups + egg salad



+



Cucumber spears + turkey breast



+



Apple slices + almond butter

If you're craving a snack, check in with your body. Are you low on energy? Is your stomach empty? Avoid eating when you're bored or stressed. Instead, save snacking for when you need extra fuel to make it to the next meal.

Sample meal plan: day one



Breakfast:

Veggie omelet with a side of berries (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
291	11 g	3 g	157 mg	372 mg	32 g	8 g	16 g	17 g	1237 mg

INGREDIENTS

Cooking spray

2 cups total
chopped tomatoes,
onions, and bell
pepper

2 eggs, whisked

1 cup strawberry
halves

PREPARATION

Spray a pan with cooking spray. Over medium heat, add tomatoes, onions, and bell pepper. Cook for 3-4 minutes, until onions are transparent. Add whisked eggs. Use a spatula to pull the eggs across the pan and fold over. Continue folding until no visible liquid remains. Serve with a side of strawberries.

Veggie boost:

Add extra non-starchy veggies.

Flavour boost:

Add pepper and garlic powder for extra flavour.

Energy boost:

Mix 1/2 cup sautéed sweet potato to the omelet.



Lunch:

Tossed salad with a side of pear (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
459	12 g	2 g	121 mg	75 mg	51 g	14 g	14 g	36 g	1201 mg

INGREDIENTS

2 cups mixed greens (e.g., spinach, arugula, romaine, etc.)

1/2 cup sliced cucumber

1/2 cup cherry tomatoes, sliced

1 Tbsp chopped green onion

85 g skinless chicken breast, cooked

1/4 cup canned garbanzo beans, drained and rinsed

1/8 avocado, chopped

1 Tbsp balsamic vinegar

1 small pear

PREPARATION

In a bowl, combine all ingredients except pear and toss with balsamic vinegar. Serve with the pear on the side.

Veggie boost:

Use an unlimited amount of non-starchy vegetables.

Flavour boost:

Add some lemon juice.



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Sample meal plan: day one



Dinner: Meatballs & spaghetti (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
497	21 g	7 g	616 mg	54 mg	56 g	19 g	13 g	21 g	874 mg

INGREDIENTS

- 2/3 cup low-sodium marinara sauce
- 1 cup spaghetti squash, cooked
- 28 g whole wheat spaghetti, cooked
- 85 g prepared lean meatballs
- 1 cup zucchini, steamed

PREPARATION

In a saucepan, heat marinara sauce over a low flame. In a bowl, layer cooked spaghetti squash and cooked whole wheat spaghetti. Top with sauce and prepared meatballs. Serve with zucchini on the side.

Veggie boost:

Sauté diced onions, peppers, and spinach to add into the spaghetti.

Energy boost:

Finish dinner with a cup of berries.

Snack options:



2 clementines and 28 g low-fat cheese



1-2 cups celery stalks with 1 Tbsp peanut butter



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Sample meal plan: day two



Breakfast: Green smoothie (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
231	7 g	1 g	141 mg	6 mg	26 g	10 g	26 g	16 g	540 mg

INGREDIENTS

- ½ cup unsweetened almond milk
- 175 ml nonfat Greek yogurt
- 1 handful fresh spinach
- ½ cup frozen blueberries
- ½ cup frozen blackberries
- 1 Tbsp chia seeds

PREPARATION

Blend and enjoy!

Veggie boost:
Use 1½ to 2 cups of greens.

Protein boost:
Have a hard-boiled egg on the side.



Lunch: Open-face turkey sandwich with a side of apple (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
263	3 g	1 g	738 mg	30 mg	36 g	7 g	19 g	24 g	525 mg

INGREDIENTS

- 1 slice whole wheat bread
- 1 tsp prepared mustard
- 85 g low-sodium turkey breast (around 3 slices)
- 5 slices cucumber
- One handful of spinach
- 1 small apple

PREPARATION

Toast bread and top with mustard, turkey, cucumber, and spinach. Enjoy with apple.

Energy boost:
Toast the bread and spread with 2 Tbsp mashed avocado.



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Sample meal plan: day two



Dinner: Taco salad (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
469	16 g	5 g	643 mg	0 mg	38 g	14 g	11 g	43 g	1525 mg

INGREDIENTS

- 3 cups chopped romaine lettuce
- ½ cup chopped tomato
- 2 Tbsp chopped onion
- ¼ cup salsa
- ¼ avocado, diced
- 2 Tbsp shredded cheese
- ¼ cup black beans, drained and rinsed
- ¼ cup frozen corn, defrosted
- 85 g cooked chicken breast, chopped

PREPARATION

Top lettuce with tomato, onion, salsa, avocado, cheese, beans, corn, and chicken.

Veggie boost:

Add extra non-starchy veggies and/or extra salsa.

Flavour boost:

Use fresh lime juice and lime zest on the top of the salad.

Snack options:



1 medium orange
and 12 almonds



175 ml low-fat plain
Greek yogurt and ½ cup
melon or berries



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Sample meal plan: day three



Breakfast:

Avocado muffin with a side of peach (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
272	10 g	4 g	360 mg	15 mg	34 g	6 g	14 g	11 g	601 mg

INGREDIENTS

- ½ whole grain English muffin
- 2 Tbsp mashed avocado
- 1 tomato slice
- 28 g reduced-fat cheese
- 1 medium peach

PREPARATION

Top English muffin half with mashed avocado, tomato slice, and cheese. Serve with peach.

Veggie boost:

Slice the rest of the tomato and eat it on the side.

Energy boost:

Use the whole English muffin to turn it into a breakfast sandwich; add spinach on top of the avocado.



Lunch:

Mediterranean meal (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
281	13 g	2 g	478 mg	0 mg	37 g	11 g	0 g	13 g	664 mg

INGREDIENTS

- 1 whole wheat flatbread
- ¼ cup hummus
- 2 cups spinach, sautéed in 1 tsp olive oil
- ¼ cup diced cucumber
- ¼ cup diced onion
- ¼ cup diced tomato

PREPARATION

Top flatbread with hummus, sautéed spinach, cucumber, onion, and tomato.

Energy boost:

Add another ¼ cup hummus with an extra side of cucumbers and carrots for dipping.



Sample meal plan: day three



Dinner: Grilled salmon with broccoli (Makes 1 serving)

Calories	Fat	Sat. Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
384	13 g	3 g	199 mg	57 mg	41 g	9 g	6 g	26 g	827 mg

INGREDIENTS

- 85 g salmon fillet
- 2 cups broccoli florets
- 1 tsp olive oil
- 1 small sweet potato, baked
- 2 Tbsp low-fat sour cream

PREPARATION

Preheat oven to 400°F. Toss broccoli with olive oil and roast on baking sheet for 15-20 minutes. Remove baking sheet from oven and add salmon, skin side down. Cook broccoli and salmon for an additional 8-10 minutes, until salmon is cooked through. Serve with baked sweet potato topped with sour cream.

Veggie boost:

Add extra roasted non-starchy veggies on top of sweet potato or serve with a side salad.

Flavour boost:

Add lemon pepper and fresh lemon juice on top of the salmon and roasted broccoli.

Snack options:



**Crunchy veggies
(peppers, cucumbers, celery)
with 2 Tbsp hummus**



**1 small apple with 1
Tbsp peanut butter**



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Understanding food labels

Learning how to read food labels can help you make healthier choices. Use this guide to help you make the most of the Nutrition Facts label.

Keep in mind that the healthiest foods, like fruits and veggies, don't have food labels.

Step 1: what's in a serving?

- Read the number of servings per container
- Learn the size of each serving
- Remember, the numbers below are for ONE serving
- If you're eating more than one serving, multiply the numbers below by that amount

Step 2: aim for less:

- Saturated fat
- Trans fats
- Sodium
(below 2,300 mg per day)
- Sugar
- Added sugars

Step 3: aim for more:

- Fibre
- Protein
- Nutrients like vitamin D, iron, potassium, and calcium.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Step 4: check the ingredients list (separate from the nutrition facts panel)

- Ingredients are listed in by quantity, from highest to lowest.
- Avoid food additives like "monosodium glutamate," "sodium nitrates," and "food colouring". These are likely processed foods.
- Avoid items with ingredients that contain the word "hydrogenated", this means trans-fat. Avoid added sugars, often listed as "high fructose corn syrup," "dextrose," "sucrose," "honey," and "molasses".

Dining out tips and tricks

Going to restaurants is a part of life. While it can be a challenge to dine out healthfully, it can be done! Here's how you can set yourself up for success:

Before you go

- Review the menu online to help make better choices when it's time to order.
- Eat normally. Skipping meals just sets you up to be overly hungry when you sit down to order.
- Have a small snack like a piece of fruit and a few nuts or veggies and hummus an hour before the meal to curb hunger. This will help you make healthier choices.

At the restaurant

- Choose the treat that you like best — drink, starter, bread, or dessert — to go along with your meal. Enjoy it!
- Eyeball the portion size you'd typically eat at home. Pack up the rest to bring home as leftovers.
- Ask for lower-calorie options like salad dressing on the side, light oil on pasta and veggies, and grilled chicken instead of crispy!
- Stick with your balanced plate proportions: 50% non-starchy veggies, 25% lean protein, 25% carbs.
- Chew food well and wait until you have swallowed your current bite to take another one.

It's okay to splurge on a meal. But it's best to not treat each meal out like a special occasion. By planning ahead, you'll be able to stick with your wellness goals!





This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.