



LIVING BEYOND BREAST CANCER®

PHYSICAL CONCERNS



Cooking healthy

You do not have to be a professional chef to prepare healthy meals at home. There are many ways to make simple, healthy meals.

USE MYPLATE

The U.S. Department of Agriculture uses “MyPlate” to show what a healthy balance of food groups looks like. You don’t have to use exact servings. Use the plate as a guide: focus on plants and include something from each food group.

MAKE EXTRA

If you are using fresh vegetables, prepare more than you need and freeze the leftovers. They will last longer, and you’ll have a side for a future meal that is ready to heat and serve.

ASK FOR HELP

If making meals is tiring or takes too much time, ask for help. Family and friends are often happy to pitch in by dropping off a meal or coming over to cook. Add an element of fun by having a pot luck, a small party where everyone brings over a dish. This will give you lots of food to choose from and some leftovers for future meals.

MIX THINGS UP

There is no one food or type that has every nutrient you need so it’s important to get a variety of foods in your diet. Make meals with less meat and multiple sides, including a vegetable and a grain. And try to have three or four different vegetables over the week. Include different colors and types like leafy spinach, red peppers, peas and mushrooms. The more colorful your meal, the more nutrients you get!

Use this table to plan a healthy mix of vegetables for your meals this week.

DARK GREEN	RED AND ORANGE	STARCHY	BEANS AND PEAS	OTHER
Broccoli	Red peppers	Potatoes	Garbanzo beans	Cauliflower
Spinach	Tomatoes	Green peas	Black beans	Celery
Kale	Sweet potato	Corn	Split peas	Mushrooms
Collard greens	Carrots		Black eyed peas	Onions



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Information adapted from LBBC.ORG

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