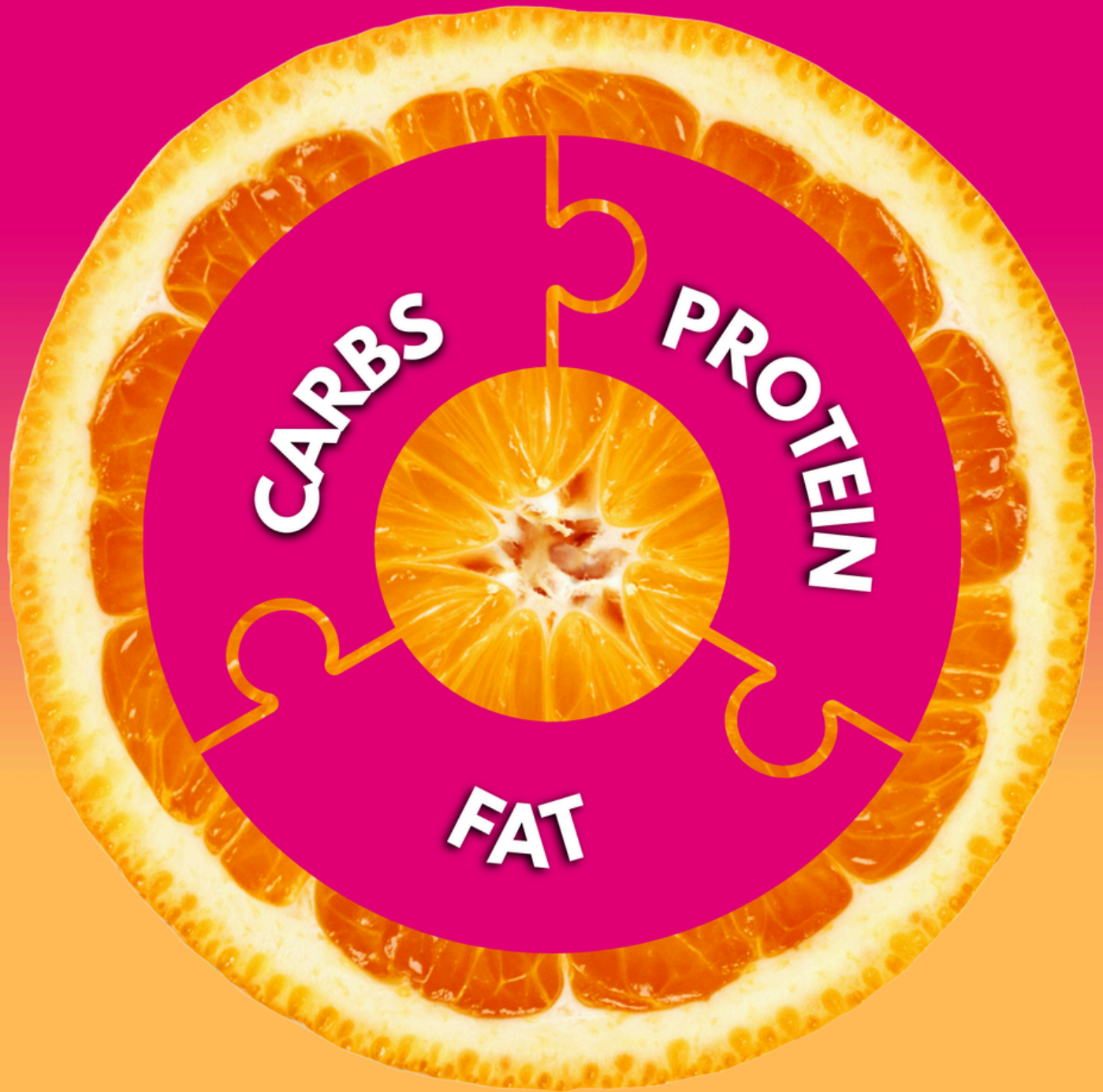


EATING IN 3'S

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A SIMPLE GUIDE TO INCORPORATING
CARBOHYDRATES, FAT AND PROTEIN
INTO FAMILY FRIENDLY MEALS



WHAT IS 'EATING IN 3'S'?

Healthy eating is meant to be flexible and balanced, but can often feel overwhelming at times. 'Eating in 3's' is a simple rule to help properly fuel your body with the nutrients it needs, while keeping blood sugar stable.

WHAT ARE MACRONUTRIENTS?

There are 3 macronutrients: Protein, Fat and Carbohydrates. Each macronutrient affects the body differently, while providing the body with calories (energy) and the building blocks necessary for healthy growth, immune function, and overall repair.

WHAT DOES 'EATING IN 3'S' MEAN?

Eating in 3's means that at each snack or meal you are combining all 3 macronutrients together.

WHY IS 'EATING IN 3'S' BENEFICIAL?

When you consume all 3 macronutrients together, it helps to slow the digestion and release of sugars into your blood stream. Therefore, helping to keep your blood sugar stable throughout the entire day.

Carbohydrates

Bagel	
Beans	
Bread / Bun	
Cake / Donuts / Cookies	Also contains FAT
Cereal	
Chickpeas	Also contains FAT and PROTEIN
Chocolate Milk	
Crackers	Also contains FAT
Fruit	
Granola Bars	
Noodles	
Oatmeal	
Pancakes / Waffles	
Pasta	
Popcorn	
Rice / Quinoa	
Vegetables	
White or Sweet Potato	
Wrap / Pita Bread	

Fats

Dark Chocolate	Also contains CARBS
Avocado	Also contains CARBS
Butter	
Cheese	
Cream Cheese	
Olives	
Seeds	
Nuts	
Natural Nut Butter	
Natural Seed Butter	
Coconut	
Cream	
Ice Cream	Also contains CARBS
Hummus	Also contains CARBS
Salad Dressing	
Mayonnaise	
Oil	
Whole Egg	Also contains PROTEIN

Protein

Beef / Steak	Also contains FAT
Beef Jerky or Turkey Pepperoni	Also contains FAT and CARBS
Chicken and Turkey Breast	
Chicken and Turkey Thigh	Also contains FAT
Cottage Cheese	
Deli Turkey and Chicken Breast	
Egg Whites	
Flavoured Greek Yogurt	Also contains CARBS
Other Deli Meat	Also contains FAT
Plain Greek Yogurt	
Pork / Ham	Also contains FAT
Protein Bar	Also contains FAT and CARBS
Protein Powder	
Salmon	Also contains FAT
Shell Fish	
Vegetarian Alternatives	Also contains FAT and CARBS
White Fish	

Meal Ideas

MEAL IDEA	CARBOHYDRATE	FAT	PROTEIN
Spaghetti	Pasta / Tomato Sauce / Vegetables	Lean Ground Beef	Lean Ground Beef
Sandwich	Bread / Wrap / Pita	Mayo / Cheese	Deli Turkey or Chicken
Yogurt Parfait	Fruit / Granola	Nut Butter / Nuts	Greek Yogurt
Tuna Melt	Bagel	Cheese	Tuna
Smoothie	Fruit	Chia Seeds / Flax Seeds / Nut Butter	Protein Powder / Greek Yogurt
Omelete	Vegetables / Toast	Egg Yolk / Cheese	Egg White
Quesadilla	Vegetables / Tortilla	Cheese	Chicken