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## Healthy Eating Cheat Sheet: Your Guide to Portion Sizes and Grocery Shopping

THIS DOWNLOAD CONTAINS TONS OF USEFUL INFORMATION, INCLUDING:

- **3 tips for easy (and healthy) eating and snacking.**
  - **Portion-sizing cheat sheet.**
  - **A grocery store checklist to help you plan which minimally processed produce, proteins, whole grains, and fats you want to try.**
  - **A bonus blank shopping list you can print out and fill in.**
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Read through this Guide whenever you need some inspiration or guidance for your menopause nutrition plan, and feel free to print out whichever pieces are most useful to you.

(I recommend keeping the grocery store checklist handy!)

At the end of the day, the most important thing isn't "eating perfectly." Instead, simply focus on adding foods that boost your health, give you energy, and make you feel good!

### **TIP #1: STOCK UP ON A FEW GRAB-AND-GO ITEMS**

These days, grocery stores offer a ton of convenient, pre-made foods that are healthy too. Look out for things like:

- Party trays with meats, pre-cut veggies and dip, or fresh fruit
- Pre-cooked roast chicken
- Protein bars
- Pre-cooked hard-boiled eggs
- Easy high-protein snacks, like Greek yogurt and cheese, Frozen, pre-packaged smoothies or smoothie ingredients (which can be quickly whizzed in the blender for a nutritious snack)
- Pre-made salads, wraps, or sandwiches with veggies and protein

One caveat: Pre-packaged foods can be a bit more expensive. If buying foods like the ones in the list above isn't accessible for you, you can also consider making your own versions from scratch, portioning them out, and storing or freezing them to have on hand.

### **TIP #2: BATCH COOK LIKE A PRO**

Leftovers can be a lifesaver when you're busy or stressed. When you do cook, batch cooking or doubling your recipe will go a long way when it comes to having quick meals on hand. Here are some things you could try:

- Use a slow cooker to make large batches of soups, stews, chili, oatmeal, etc.
- Roast a whole chicken, cut it up, and store it in the fridge.
- Bake a casserole, meatloaf, or vegetable lasagna and freeze the leftovers.
- Make a large stir-fry and store in pre-portioned containers.
- Make salads that will keep for a few days (e.g., quinoa, rice, five-bean).
- Cook a frittata or quiche and pre-slice it so it's easy to grab for breakfast or lunch.

### **TIP #3: BUY PRE-CHOPPED, READY-TO-COOK ITEMS**

Some Supermarkets offer meal kits or pre-chopped foods that are simple to throw together and heat up. There are also a number of meal kit delivery services available these days.

Additionally, you can rely on frozen fruits and veggies for quick meals or nutritious smoothies. There's a common misconception that frozen produce is inferior to fresh, but in fact, frozen fruits and veggies are typically frozen at peak season, so they're ripe and nutritious.

### **PORTION-SIZING TIPS**

Your body needs to get enough protein, fat, and carbohydrate in order to recover from workouts, supply you with sustained energy throughout the day, and help you stay healthy and strong. But sometimes it's hard to know how much of each to eat.

The good news is that portion sizing can be quite simple—and it doesn't require precision or measuring. In fact, you already have a measuring tool with you at all times: your hands!

Use the following guidelines as starting points:

- A standard serving of protein is the size and thickness of your palm.
- Most women need three to six palm-sized servings of protein per day, so aim to eat at least one palm of protein at most meals and snacks. Protein sources include things like meat, fish, shellfish, eggs, Greek yogurt, tofu, and tempeh – you can see more ideas in your grocery store checklist.
- A standard serving of non-starchy vegetables (or less-sweet fruits is the size of your fist. Strive for one or two fist-sized portions at every meal. Think kale, peppers, cabbage, spinach, carrots, tomatoes, berries, cucumber... you name it. The more colorful the selection, the better!
- A standard serving of healthy fats is the size of your thumb. Most women will need five to six thumb-sized servings of high-fat foods per day, so at least one portion of healthy fats (e.g., avocado, cold-pressed oils, natural nut butters) at every meal is ideal.
- A standard serving of cooked carbohydrates or sweet fruit is the size of a cupped handful. Shoot for at least one cupped handful of slow-digesting, high-fiber carbohydrates (such as brown rice, quinoa, sweet potato, or whole grain bread) at most meals.



Keep in mind that many foods can fall into more than one category of macronutrient (protein, carbs, and fat). For instance:

- Natural peanut butter is high in healthy fat but also contains some protein.
- A serving of salmon is rich in protein but also contains omega-3 fats.
- Hummus is a carbohydrate and also contains some plant-based protein.

You can classify foods like this by the macronutrient it's richest in. So natural peanut butter would be considered a fat source.

Use the hand portion sizes as a guide to help you shop and prepare your food, but don't stress too much if you have more or less at a given meal. If you're hungry, eat some more. If you're satisfied, don't feel like you need to clean your plate. Every woman is different, so listen to your body!

### **FOOD SHOPPING MADE EASY: A GROCERY STORE CHECKLIST**

Review these lists before you hit the store (or open your grocery app) to discover new types of foods and shop more efficiently.

If you're taking the list with you to the store, highlight or circle two to four items from each category so you know exactly what you want in advance, and then tick them off once you put them in your cart.

Alternatively, you can use the printable blank shopping list at the end of this resource.

Happy shopping!

## PRODUCE

Quick tips:

- Most fruits and veggies are considered carbohydrates (some, like avocado, are a fat source).
- One serving of vegetables is about the size of your fist. One serving of fruit is about the size of your cupped palm.
- When possible, buy seasonal and local – they'll be fresher and taste better!

Vegetables			
<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Asparagus</li> <li>• Bamboo shoots</li> <li>• Bean sprouts</li> <li>• Beets</li> <li>• Bell peppers (green, yellow, red, orange)</li> <li>• Bitter melon / gourd</li> <li>• Bok choy</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Green beans</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cassava / Yuca</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Chayote</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Dark leafy greens:               <ul style="list-style-type: none"> <li>• Collards</li> <li>• Kale</li> <li>• Spinach</li> <li>• Swiss chard</li> </ul> </li> <li>• Daikon</li> <li>• Eggplant</li> <li>• Endive</li> <li>• Jackfruit</li> <li>• Jalapeno peppers</li> </ul>	<ul style="list-style-type: none"> <li>• Kohlrabi</li> <li>• Kimchi</li> <li>• Leeks</li> <li>• Lettuces:               <ul style="list-style-type: none"> <li>• Boston</li> <li>• Iceberg</li> <li>• Green leaf</li> <li>• Red leaf</li> <li>• Romaine</li> </ul> </li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Parsnips</li> <li>• Peas, green</li> <li>• Potatoes (red, white, sweet)</li> </ul>	<ul style="list-style-type: none"> <li>• Radicchio</li> <li>• Radishes</li> <li>• Rhubarb</li> <li>• Squash:               <ul style="list-style-type: none"> <li>• Acorn</li> <li>• Butternut</li> <li>• Pumpkin</li> <li>• Spaghetti</li> <li>• Zucchini</li> </ul> </li> <li>• Taro root</li> <li>• Turnips</li> <li>• Bok Choy</li> <li>• Yam</li> <li>• Water chestnuts</li> <li>Other: _____</li> </ul>

Fruit			
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Apricots</li> <li>• Bananas</li> <li>• Blackberries</li> <li>• Blueberries</li> <li>• Cantaloupe</li> <li>• Cherries</li> <li>• Coconut</li> <li>• Dried fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Dragon fruit</li> <li>• Figs</li> <li>• Grapefruit</li> <li>• Grapes</li> <li>• Guava</li> <li>• Honeydew melon</li> <li>• Kiwi</li> <li>• Kumquats</li> <li>• Lemons</li> </ul>	<ul style="list-style-type: none"> <li>• Limes</li> <li>• Lychee</li> <li>• Mango</li> <li>• Nectarine</li> <li>• Oranges</li> <li>• Papaya</li> <li>• Peaches</li> <li>• Pears</li> <li>• Persimmons</li> </ul>	<ul style="list-style-type: none"> <li>• Pineapple</li> <li>• Plums</li> <li>• Plantains</li> <li>• Pomegranate</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Tangerine</li> <li>• Watermelon</li> <li>Other: _____</li> </ul>

## PROTEIN

Quick tips:

- If buying cured meats, look for nitrate/nitrite-free.
- One serving of protein is about the size of your palm.
- If you're a meat-eater, aim to consume a mix of protein sources. For example, try bison instead of beef or have an entirely meatless meal at least one day a week.

Red Meat		Poultry	Fish
<ul style="list-style-type: none"> <li>• Beef</li> <li>• Lean ground</li> <li>• Oxtail</li> <li>• Shank</li> <li>• Steak</li> <li>• Stewing beef</li> <li>• Other:</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Lamb</li> <li>• Chops</li> <li>• Ground</li> <li>• Shank</li> <li>• Whole leg</li> </ul> <hr/>	<ul style="list-style-type: none"> <li>• Pork ( organic )</li> <li>• Bacon</li> <li>• Chops</li> <li>• Ground</li> <li>• Ham</li> <li>• Ribs</li> <li>• Sausage</li> <li>• Tenderloin</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Wild Game /</li> <li>• Other Red Meat:</li> <li>• Boar</li> <li>• Goat</li> <li>• Rabbit</li> <li>• Venison</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Duck</li> <li>• Eggs</li> <li>• Egg whites</li> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Any NZ white fish variety</li> <li>• Herring</li> <li>• Salmon</li> </ul> <p>Canned or Fresh</p> <ul style="list-style-type: none"> <li>• Sardines</li> <li>• Snapper</li> <li>• Trout</li> <li>• Tuna</li> </ul> <p>Canned or Fresh</p>

## PROTEIN CONTINUED

Shellfish	Dairy	Plant based
<ul style="list-style-type: none"><li>• Clams</li><li>• Crab</li><li>• Crayfish</li><li>• Lobster</li><li>• Mussels</li><li>• Oysters</li><li>• Octopus</li><li>• Scallops</li><li>• Shrimp/prawns</li><li>• Squid</li><li>• Other:</li></ul>	<ul style="list-style-type: none"><li>• Milk (or dairy-free milk alternative)</li><li>• Cheese - all varieties</li><li>• Whey protein powder</li><li>• Yogurt</li><li>• Other:</li></ul>	<ul style="list-style-type: none"><li>• Chick Peas</li><li>• Beans / Legumes</li><li>• Lentils</li><li>• Vegetarian protein powder</li></ul> <p>Complete plant proteins</p> <ul style="list-style-type: none"><li>• Buckwheat</li><li>• chia seeds</li><li>• Hemp seeds</li><li>• Pumpkin &amp; Pistachio seeds</li><li>• Soy products</li></ul> <p>Tempeh Tofu Edamame beans</p> <ul style="list-style-type: none"><li>• Spirulina</li><li>• Quinoa</li></ul> <p>Other:</p>



## WHOLE GRAINS

Quick tips:

- Opt for slow-digesting, high-fibre complex carbohydrates, which will contribute to healthy digestion and sustained energy levels.
- Read the labels on slightly processed carbohydrates (e.g., crackers, bread, pasta).
- Look for less than 10 grams of sugar per serving, “whole grains,” and minimal ingredients.
- Limit your intake of highly processed carbs (e.g., sugary breakfast cereals, fruit juice, ice cream, soda).

Whole Grains	Slightly processed
Amaranth Barley, pearled Brown rice Bulgur Buckwheat Corn / Maize Millet Oats Quinoa Sprouted grain bread Wheat berries Wild rice Other: _____	Bread* Bagels* Cereal* Crackers* Couscous Corn tortillas Pasta*- wheat or gluten free Popcorn (air-popped) Rye bread Spelt bread Wheat tortillas Wheat germ  *Whole grain, made from 100% wheat, rye, spelt, etc.

## FATS

- One serving of fat from a fat-dense food (e.g., oils, butter, avocado) is about the size of your thumb.
- Choose minimally processed fat sources (such as those in the list below!) more often than highly processed fat sources (e.g., baked goods, deep-fried foods).

WHOLE FATS	OILS	FAT-BASED CONDIMENTS AND SPREADS
<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Nut butter</li> <li>• Olives</li> <li>• Peanuts</li> <li>• Peanut butter</li> <li>• Seeds               <ul style="list-style-type: none"> <li>Chia</li> <li>Flax</li> <li>Pumpkin</li> <li>Sunflower</li> </ul> </li> <li>• Seed butter</li> <li>• Whole-fat cheese</li> <li>• Whole-fat milk</li> <li>• Whole nuts               <ul style="list-style-type: none"> <li>Almonds</li> <li>Cashews</li> <li>Hazelnuts</li> <li>Pistachios</li> <li>Walnuts</li> </ul> </li> <li>• Other: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado oil</li> <li>• Butter</li> <li>• Canola oil</li> <li>• Coconut oil (organic, unrefined, extra virgin)</li> <li>• Fish oil</li> <li>• Ghee (clarified butter)</li> <li>• Macadamia nut oil</li> <li>• Olive oil, extra virgin</li> <li>• Peanut oil</li> <li>• Sesame oil, cold-pressed</li> <li>• Walnut oil</li> <li>• Other: _____</li> </ul>	<ul style="list-style-type: none"> <li>• Guacamole</li> <li>• Hummus</li> <li>• Mayonnaise</li> <li>• Natural nut butters (non-hydrogenated)</li> <li>• Pesto</li> <li>• Salad dressings, low-sugar</li> <li>• Tahini</li> <li>• Other: _____</li> </ul>

# Grocery Shopping List

**1** **VEGETABLES**

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**4** **MEAT & PROTEIN**

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**2** **FRUIT**

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**5** **FATS**

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**3** **WHOLE GRAINS**

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**6** **OTHER**

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