



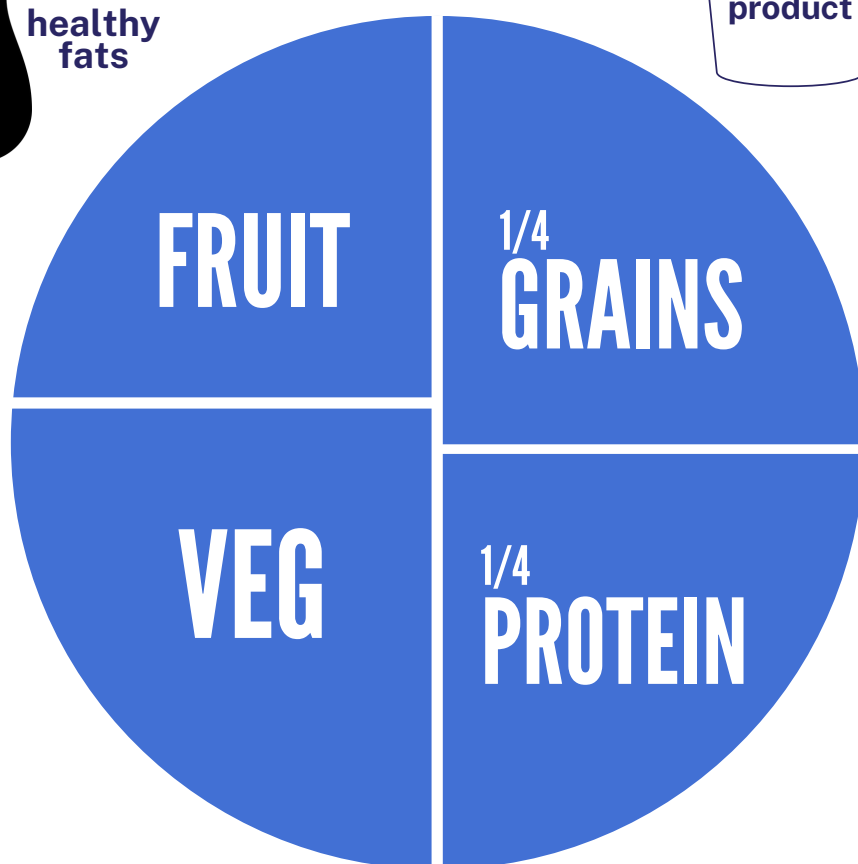
**LEARN TO PACK A HEALTHY,
BALANCED, PLANT-POWERED LUNCH.**

THE BASICS

Consume 3 cups of fortified soy milk or yogurt each day.



healthy
fats



**DON'T
FORGET
WATER!**



Avoid sugary beverages:
"Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents age 2–18 years—affecting the overall quality of their diets."

PROTEIN



Vary your proteins throughout the week to acquire all 9 essential amino acids.

PLANTS HAVE PROTEIN TOO!

Daily Recommendation* in Ounce-Equivalents (oz-equiv)		
Toddlers	12 to 23 months	2 oz-equiv
Children	2-4 yrs	2 to 5 oz-equiv
	5-8 yrs	3 to 5½ oz-equiv
Girls	9-13 yrs	4 to 6 oz-equiv
	14-18 yrs	5 to 6½ oz-equiv
Boys	9-13 yrs	5 to 6½ oz-equiv
	14-18 yrs	5½ to 7 oz-equiv
Women	19-30 yrs	5 to 6½ oz-equiv
	31-59 yrs	5 to 6 oz-equiv
	60+ yrs	5 to 6 oz-equiv
Men	19-30 yrs	6½ to 7 oz-equiv
	31-59 yrs	6 to 7 oz-equiv
	60+ yrs	5½ to 6½ oz-equiv

Ounce equivalents:



1/2 ounce nuts
ex: 12 almonds, 24 pistachios, 7 walnut halves ²

1/2 ounce of seeds

1 tablespoon nut or seed butter

1/4 cup cooked beans, peas, or lentils

1/4 cup of tofu

1 oz tempeh

1 falafel patty

6 tablespoons hummus



Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

USDA



BEANS & LEGUMES

Lentils, beans (adzuki, black, fava, chickpeas/garbanzo, kidney, lima, mung, pinto, etc.), peas (green, snow, snap, split, etc.), edamame/soybeans* (and products made from soy: tofu, tempeh, etc.*), peanuts.

NUTS & SEEDS

Almonds, pistachios, cashews, walnuts, hazelnuts, pecans, hemp seeds, squash and pumpkin seeds, sunflower seeds, flax seeds, sesame seeds, and chia seeds.

WHOLE GRAINS

Kamut, teff, wheat, quinoa*, rice, wild rice, millet, oats, buckwheat*, seitan*, Ezekiel bread*.

OTHER

Lesser known sources of protein include corn, broccoli, asparagus, brussels sprouts, and artichokes.

COMPLETE PROTEINS* CONTAIN ALL ESSENTIAL AMINO ACIDS

VEG Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C.

Daily Recommendation*			
Toddlers	12 to 23 months	⅔ to 1 cup	
Children	2-4 yrs	1 to 2 cups	
	5-8 yrs	1½ to 2½ cups	
Girls	9-13 yrs	1½ to 3 cups	
	14-18 yrs	2½ to 3 cups	
Boys	9-13 yrs	2 to 3½ cups	
	14-18 yrs	2½ to 4 cups	
Women	19-30 yrs	2½ to 3 cups	
	31-59 yrs	2 to 3 cups	
	60+ yrs	2 to 3 cups	
Men	19-30 yrs	3 to 4 cups	
	31-59 yrs	3 to 4 cups	
	60+ yrs	2½ to 3½ cups	

*2 cups of raw leafy greens can be considered as 1 cup.

"Green leafy vegetables, such as lettuce, spinach, Swiss chard, and mustard greens, are most strongly associated with decreased risk of cardiovascular disease."



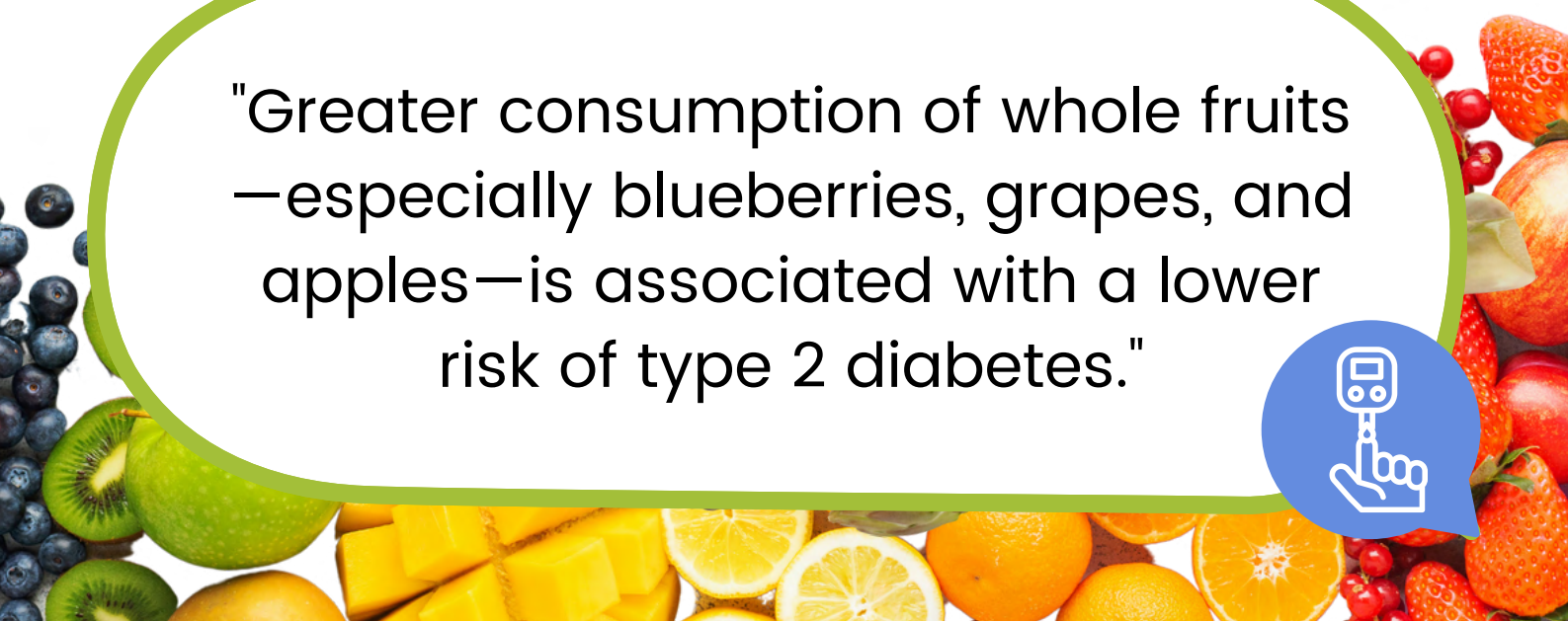
FRUIT

"Adding fruit can help increase intake of fiber and potassium which are important nutrients that many Americans do not get enough of in their diet." [USDA](#)

Daily Recommendations*			USDA
Toddlers	12 to 23 months	½ to 1 cup	
Children	2-4 yrs	1 to 1½ cups	
	5-8 yrs	1 to 2 cups	
Girls	9-13 yrs	1½ to 2 cups	
	14-18 yrs	1½ to 2 cups	
Boys	9-13 yrs	1½ to 2 cups	
	14-18 yrs	2 to 2½ cups	
Women	19-30 yrs	1½ to 2 cups	
	31-59 yrs	1½ to 2 cups	
	60+ yrs	1½ to 2 cups	
Men	19-30 yrs	2 to 2½ cups	
	31-59 yrs	2 to 2½ cups	
	60+ yrs	2 cups	

*1 cup of fruit juice or ½ cup of dried fruit can be considered 1 cup.

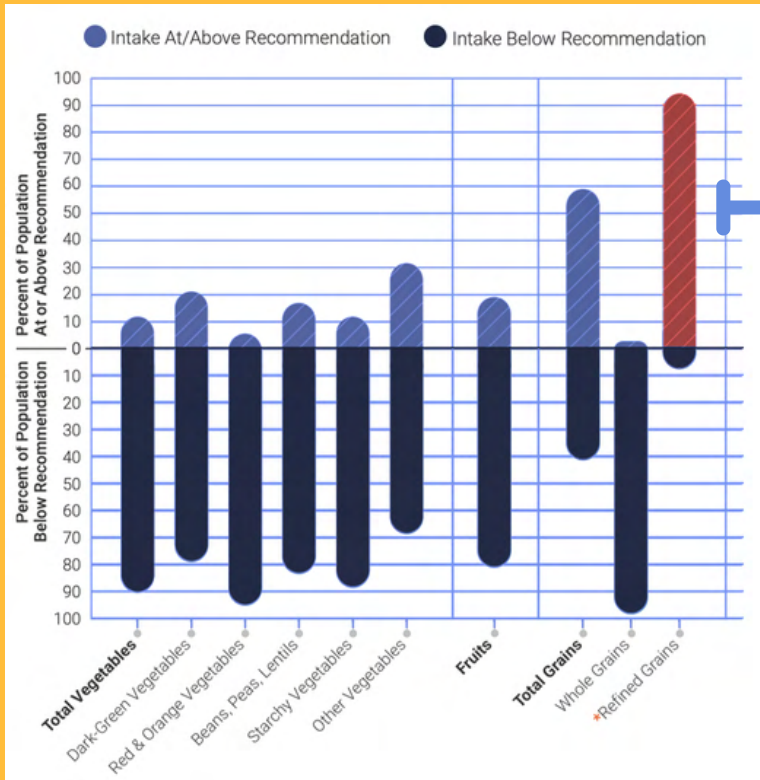
"Greater consumption of whole fruits—especially blueberries, grapes, and apples—is associated with a lower risk of type 2 diabetes."



GRAINS

At least half of overall grain consumption should come from whole grains.

Only about 7% of Americans get the recommended amount of fiber each day.

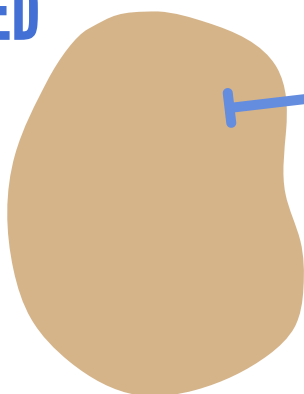


AMERICANS ARE *UNDER-CONSUMING* FRUITS, VEGETABLES, AND WHOLE GRAINS WHILE *OVER-CONSUMING* REFINED GRAINS.

BRAN

The outer layer is packed with fiber, b vitamins, and minerals.

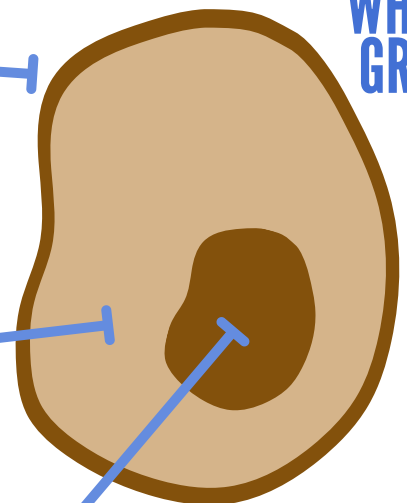
REFINED GRAIN



ENDOSPERM

Starchy carb layer with some protein/vitamins.

WHOLE GRAIN



GERM

A core with powerful nutrients: b & e vitamins, phytochemicals, and healthy fats.

Daily Recommendations*



		Total Grains in ounce-equivalents	Whole Grains in ounce- equivalents
Toddlers	12 to 23 months	1¾ to 3 oz-equiv	1½ to 2 oz-equiv
Children	2-4 yrs	3 to 5 oz-equiv	1½ to 3 oz-equiv
	5-8 yrs	4 to 6 oz-equiv	2 to 3 oz-equiv
Girls	9-13 yrs	5 to 7 oz-equiv	2½ to 3½ oz-equiv
	14-18 yrs	6 to 8 oz-equiv	3 to 4 oz-equiv
Boys	9-13 yrs	5 to 9 oz-equiv	3 to 4½ oz-equiv
	14-18 yrs	6 to 10 oz-equiv	3 to 5 oz-equiv
Women	19-30 yrs	6 to 8 oz-equiv	3 to 4 oz-equiv
	31-59 yrs	5 to 7 oz-equiv	3 to 3½ oz-equiv
	60+ yrs	5 to 7 oz-equiv	3 to 3½ oz-equiv
Men	19-30 yrs	8 to 10 oz-equiv	4 to 5 oz-equiv
	31-59 yrs	7 to 10 oz-equiv	3½ to 5 oz-equiv
	60+ yrs	6 to 9 oz-equiv	3 to 4½ oz-equiv

[Ounce equivalent conversions and examples](#)

"Eating whole instead of refined grains substantially lowers total cholesterol, low-density lipoprotein (LDL, or bad) cholesterol, triglycerides, and insulin levels."



HEALTHY FATS

It is important to consume fats that can be converted into essential omega-3 fats (DHA and EPA) in your body, which are both associated with maintaining a healthy heart and brain.

Some of the richest plant sources of ***Omega-3s*** include



Flax Seeds



Walnuts



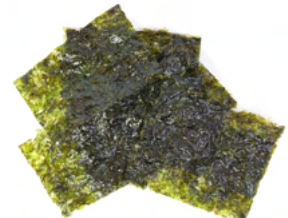
Chia Seeds



Avocado



Oils



Seaweed

TIP: hide flax and chia seeds in meals you already eat! They have a mild and oftentime unnoticeable flavor and texture.

TWO TYPES OF OMEGA-3 FATS

ALA (2G/DAY)

EPA & DHA (.25-.30/DAY)

If you do not consume these healthy fats daily, a flaxseed oil or algae supplement may be helpful.



1.PICK A PROTEIN



2.NOW SOME WHOLE GRAINS



3.DON'T FORGET TO INCORPORATE LOTS OF FRUIT/VEG

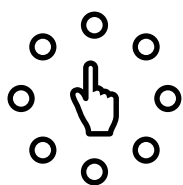


FOR PICKY EATERS



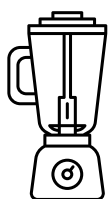
Continue Providing Balanced Meals.

Normalize balanced meals that include protein, whole grains, vegetables, fruits, and healthy fats. When in doubt, follow the plate method!



Create variety and offer choices.

By offering several healthy options at once, your picky eater can still have control over their diet.



Try different textures.

Sensitive to textures? Try mixing things up. Smoothies, sauces, and finely chopped vegetables are a great way to incorporate healthy choices each day.



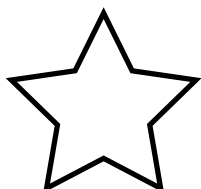
Don't give up.

It can take more than 10 tries before someone likes a new food! Wait about a week and try the food again, preferably prepared differently.



Get them involved.

Prepare meals with your picky eater to practice healthy meal building and get them excited about the food they're creating!



Shape it up

Cut fruit, veg, and sandwiches into different shapes to encourage healthy choices in a fun way.

FOR ADULTS

YOU NEED A HEALTHY LUNCH TOO!



Pack

This action gives you the option to plan your meals ahead of time. Avoid skipping lunch or ordering fast food - opt for a whole-food lunch.



Meal Prep

Preparing meals ahead of time gives you the ability to balance your proportions and incorporate foods with valuable nutrients. If you're a parent, try mirroring your child's lunch with a larger volume of food.



Balance Snacks

Curb your hunger with satiating snacks - include protein, grains, and veg!

EX: veg + crackers + hummus



Hydrate

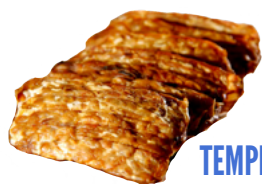
Keep a reusable water bottle within reach and refill it throughout the day.



CHEAT-SHEET



PROTEINS



TEMPEH



SEITAN



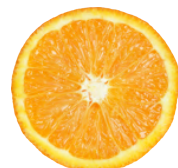
LENTILS



GRAINS



FRUIT + VEG



HEALTHY FATS



TAHINI



FLAX SEEDS



DISCOVER OUR OTHER OFFERINGS:

ECP CREATES AND DISTRIBUTES FREE FOOD EDUCATION ACROSS THE GLOBE.



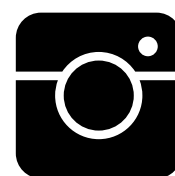
HEALTHFUL EATING



THE POWER OF NUTRITION IN DISEASE PREVENTION



20 22



ECPPROGRAM.ORG

ECP compiled reputable sources to create this document for the general public. This resource does not intend to replace professional medical advice, but instead inform the public with readily available information. Our organization is NOT sponsored or affiliated with any brands or external links presented in this document.