

Nutrition Tip of the Week: Eating a Balanced Meal



Hello CSUSM Athletes!

This week we are going to learn about how to create a balanced meal, which involves tying in all three macronutrients (fat, protein and carbohydrates) together on one plate. Engaging in balanced eating patterns is not about food limitations, restrictions, fad diets, trying to achieve a certain body type, or depriving yourself from the foods you love. It's about enjoying all types of food, feeling great, having more energy, boosting your mood, and improving your health. An important healthy-eating tip is to try to make the majority, if not all, of your plate from a whole foods source. Eating whole food sources are from nature, nutrient-dense, and are the highest quality fiber you can get. Eating a balanced meal also allows you to have more control over the preparation methods and ingredients that go into your food. It makes space to get creative in the kitchen, allows you to try new foods, and practice healthy portion sizes at the table. Eating a balanced meal is more simple than we may think. It can be applied to all meals and snacks of the day and doesn't need to get complicated. For each meal, include each macronutrient, with half of your plate consisting of fruits and/or vegetables. Make a quarter of your plate from whole grains, and the other quarter a protein source. Make it a balanced snack by just combining a source of each macronutrient. Check out the sources below to help you structure your next balanced meal. We also included some quick and easy infographics that will help point out the most important facts about each macronutrient ;) Stay balanced and healthy cougars!



STEPS TO BUILDING A HEALTHY PLATE

Make half of your plate vegetables or fruits-- one being a green and the other can be any color you like!

Make a quarter of your plate a protein source.

Make a quarter of your plate a whole grain source. Whole grains are a type of carbohydrate source but are also packed with protein, vitamins, and minerals.

Include a small amount of healthy fats from whole foods (avocado, nuts, seeds, olive oil, etcetera).

FATS

FUNCTIONS



- Helps absorb fat-soluble vitamins (vitamin A, vitamin D and Vitamin E)
- Stores energy
- Production of hormones
- Cell structure
- Blood clotting
- Wound healing

OILS

This includes canola oil, coconut oil, grapeseed oil, olive oil, peanut oil, safflower oil, sesame oil, soybean oil, and sunflower oil

LEGUMES AND FISH

This includes salmon, cold water fish, soy, and soy beans

FRUITS, NUTS, AND SEEDS

Avocados, coconuts, olives, peanuts, hazelnuts, walnuts, cashews, almonds and other nuts, sesame seeds, sunflowers, and other seeds

FATS ARE ONE OF THE 3 MACRONUTRIENTS, AND ARE THEY ARE IMPORTANT FOR CELL GROWTH AND REGULATION, HEALTH, HORMONE FUNCTION, ENERGY, AND BODY WARMTH.

PROTEINS

FUNCTIONS



- Cell repair
- Muscle contraction
- Muscle growth & body development
- Body structure
- Immune function

ANIMAL-BASED PROTEIN

This includes meat, fish, poultry, and eggs



PLANT-BASED PROTEIN

This includes tofu, tempeh, legumes, edamame, nuts, and nut butters

PROTEIN IS FOUND ALL OVER THE BODY (MUSCLE, HAIR, SKIN, NAILS, ETC.) AND ALLOWS THE BODY TO MOVE. PROTEIN IS MAINLY IMPORTANT IN OUR CELLS AND IS REQUIRED FOR THE STRUCTURE, FUNCTION AND REGULATION OF BODY TISSUES AND ORGANS.

CARBOHYDRATES

FUNCTIONS



- Provides the body with energy
- Stores energy
- Spares protein and fat from being used by the body
- Helps regulate blood sugar and gut health

WHOLE GRAINS

This includes barley, oatmeal, quinoa, farro, rice, millet, popcorn, teff, spelt, rye, bulgur, buckwheat, and whole wheat breads, pastas and crackers

LEGUMES

This includes beans, peas, chickpeas, lentils

FRUITS AND VEGETABLES

This includes corn, sweet potatoes, parsnips, squash, turnips, beets, and yams

CARBOHYDRATES ARE ONE OF THE THREE MACRONUTRIENTS, AND ARE THE BODY'S MAIN AND PREFERABLE SOURCE OF ENERGY!

Recipe of the Week: Thai Peanut Noodle Salad

This is a refreshing and nourishing noodle salad that can help fuel your workout or aid in your recovery. It is best to consume this meal 2-3 hours before training, or anytime after training. Edamame is a plant-based source of protein which helps repair and maintain muscle tissue. Soba noodles made from buckwheat is a great source of complex carbohydrates, which gives the body energy and helps the body use proteins efficiently. Peanuts and sesame seeds contain healthy fats, which help us properly absorb certain nutrients in our food, including the nutrients found in carrots and red peppers.

Prep time: 10 minutes

Cook time: 5 minutes

Servings: 4

Ingredients:

- 4 ounces of soba (buckwheat) noodles
- 2 tablespoons extra virgin olive oil
- ¼ cup Thai peanut sauce
- 1 16 ounce bag of frozen shelled edamame, thawed
- 1 red bell pepper, diced
- ½ cucumber, diced
- ½ cup of carrots, julienned or shredded
- 4 green onions, chopped (more for serving, if desired)
- ¼ cup cilantro leaves, chopped
- Sesame seeds, to serve

Directions:

1. In a medium saucepan, bring water to a boil. Add soba noodles and cook for 4-5 minutes on high heat. Drain noodles and rinse with cold water.
2. Transfer noodles to a large bowl and toss with olive oil. Add edamame, bell pepper, cucumber, carrot, green onions, and cilantro to the large bowl and toss well. Add the dressing, then continue to toss until combined well.
3. Serve with sesame seeds and extra green onion. Enjoy!





The Cougar Pantry serves free food to all CSUSM students. Each Student may visit once per week, in addition to attending Fresh Market Mondays (every Monday in Chavez Plaza from 10am - 1pm) and Produce Truck Tuesdays (first tuesday of every month in front of Markstein Hall from 12-1 pm) for fresh produce.

Cougar Pantry is located in **USU 3100A** and the hours are as follows:

Mondays: closed for Fresh Market

Mondays; Tuesday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 1 PM

Don't forget your reusable bag and student ID!

Thank you Cougars and have a wonderful week!