

Bento Balance

Tips to Be Balanced

1. Find your protein first. Trust me, no one has a hard time figuring out their carbohydrates, so pick your protein, keep the portion in check and from a lean source.
2. Next throw in some real and raw. Real as in not processed and raw as in fresh fruit and veggies.
3. Especially if you have successfully picked a lean protein, throw in a little healthy fat. This will help keep you full longer. The avocado is a great example in the picture to the right. Nuts are also a great source
4. Your final thought is the carbohydrate department. Definitely keep the portion in check. They have picked a very healthy carb (sweet potato), but yours could be from fruit, or the great thing about a Bento Box is the divided areas help you stay in control. If you do fill with a poor carbohydrate source such as chips or dessert, then pick the smallest section for that item.



LIFE IS A MATTER OF CHOICES,

AND EVERY CHOICE YOU MAKE MAKES YOU.

JOHN C. MAXWELL