

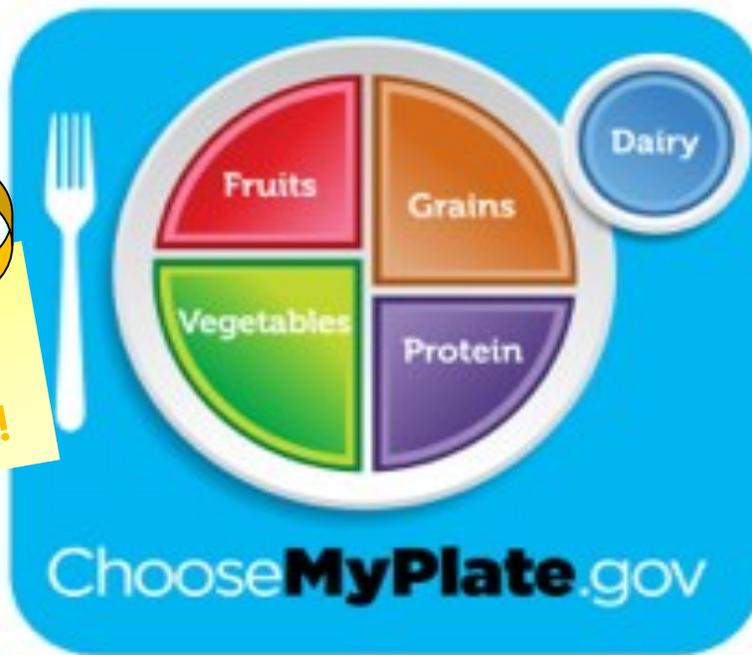
MyPlate

MyPlate helps consumers build a healthy plate with variety through choosing foods from the protein, fruit, vegetable, grain, and dairy food groups.

Make at least half of your grains whole!



Make HALF of your plate fruits and vegetables!!



Switch to 1% or Skim milk!



Vary your protein food choices! Choose lean proteins.

What is a "Healthy Diet"?

The Dietary Guidelines for Americans describe a healthy diet as one that:

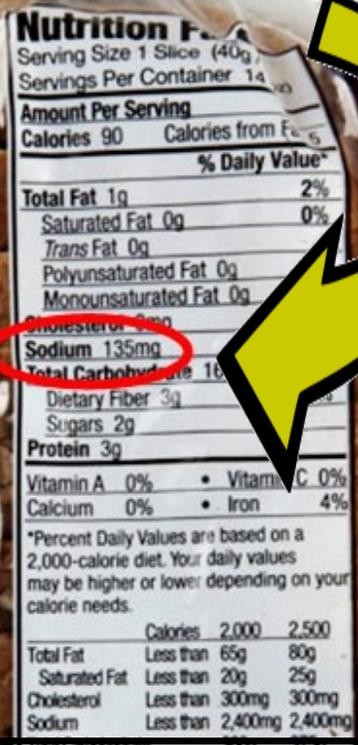
- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, *trans fats*, *cholesterol*, *salt (sodium)*, and *added sugars*.

Smart Snacking



How to pick healthy snacks!

- According to the Academy of Nutrition and Dietetics, “**low sodium**” foods are any foods with less than 140 milligrams of **sodium** per serving.
- Its also important to look for low sugar snacks, whole grains, and snacks without trans fats
- Where do you find this information? Check out the **NUTRITION LABEL** below:



Choose THESE	Not THESE
Granola Bars (check to make sure low in sugar and salt)	potato chips, doritos, fritos, hot fries
Unsalted nuts	Salted Nuts
Fresh Fruit/Vegetables	Fruit snacks, candy
Whole grain crackers	Top Ramen and other Instant Noodles
Yogurt or smoothie	Ice cream or milkshake
String Cheese	Cheetos or cheese crackers
Popcorn “Semi <u>Home-made</u> ” (recipe attached)	Added butter and salt popcorn
Vegetables or low-salt chips with hummus or homemade ranch dip (recipe attached)	Slim Jims or Beef Jerky
No-sugar added applesauce or canned fruit	Snowballs or slushies
Graham Crackers	cookies

Low Sodium Snack Recipes

Low Sodium Vegetable Dip

Adding seasonings to Greek yogurt makes a delicious dip low in sodium and high in flavor!

- 1 C Nonfat Greek Yogurt
- 1 Tbs dried parsley flakes
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp dried dill
- 1 pinch black pepper
- 2 Tbs finely chopped carrot
- 2 Tbs finely chopped bell pepper
- 1 finely sliced green onion

Mix all ingredients and serve with whole wheat crackers, or fresh vegetables



Homemade Stovetop Popcorn!

Make homemade popcorn and customize the flavor while controlling how much salt is added!

Ingredients

- 1/4 cup canola oil
- 2/3 cup popcorn kernels
- Any salt free seasonings of your choosing

Instructions

1. Add the oil and 3 popcorn kernels to a large pot.
2. Cover and cook over medium-high heat until all 3 kernels pop.
3. Take the three kernels out of the pot.
4. Add the rest of the popcorn kernels.
5. Cover and take the pot off of the heat.
6. Wait 30 seconds.
7. Put the pot back on the heat. Cook, shaking the pot occasionally until the popping slows down.
8. After about 2 minutes, and the popping has slowed down, take the lid off of the pot. This lets the steam out and keeps the popcorn crisp.
9. While the popcorn is popping, sprinkle with salt free seasonings of your choosing (e.g. paprika, cayenne, garlic powder). Toss until completely coated.



Fruits and Vegetables

- When choosing canned fruits pick fruits canned in **JUICE** or **WATER**
- When choosing canned vegetables pick **no salt added**
- When choosing frozen fruits and vegetables, check ingredients list to find items without extra salt, sugar, or fat

Fill half your plate with fruits and vegetables at every meal

Look for fresh, frozen, and canned fruits and vegetables at the grocery store— each are a good way to get vitamins and minerals, but may have price differences depending on the season

Tricks for adding fruits and vegetables to every meal:

- Scramble spinach and peppers with an egg for breakfast
- Add fruit like sliced banana or frozen blueberries to your whole grain cereal or oatmeal
- Serve a side salad with lunch and dinner
- Store pre-sliced fruits and vegetables in “ready to grab” bags to pack a healthy snack with you wherever you go
- Replace some of your meat or cheese in a sandwich with sliced cucumber or tomatoes
- Redo your pasta dish by replacing half the pasta with steamed vegetables.
- Whip up a fruit smoothie for breakfast or a snack
- Fill soups with beans and other vegetables



W H O L E G R A I N S

Facts about WHOLE GRAINS

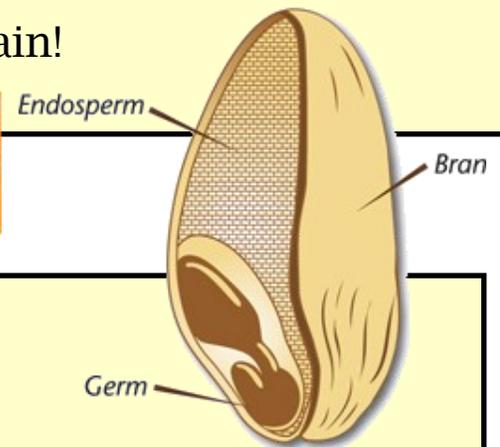
- Grains are small seeds of plants
- Each grain seed is made of three parts: Endosperm, Bran, Germ
- Some grains can be cooked and eaten whole, like oats, rice, corn, and quinoa.
- Other grains, like wheat, are ground into flour and used to make bread, cereal, and pasta.

Make sure at least
HALF of your grains are
WHOLE GRAINS!



What should my food label say?

- 100% whole wheat: breads, pastas, crackers
- Brown Rice
- Snacks made with Whole Grains
- “Multi-Grain” does not mean Whole Grain!



Why should we Choose Whole Grains?

- Keeps our digestive system moving on schedule
- Helps us feel fuller longer
- WHOLE GRAIN options have more vitamins and minerals than white options
- Whole grains are packed with fiber! Fiber helps us to feel full so we don't eat too much later. This can help maintain a healthy weight
- White grains do not have as much fiber as whole grains
- Whole grains can help prevent heart disease, cancer, diabetes, and high blood pressure

Your Lean Protein Guide

Meats*

Lean cuts of:

- › beef
- › ham
- › lamb
- › pork
- › veal

Game meats

- › bison
- › rabbit
- › venison

Lean ground meats

- › beef
- › pork
- › lamb

Lean luncheon or deli meats

Organ meats

- › liver
- › giblets

Poultry*

- › chicken
- › duck
- › goose
- › turkey
- › ground chicken and turkey

Eggs*

- › chicken eggs
- › duck eggs



Beans and peas

- › bean burgers
- › black beans
- › black-eyed peas
- › chickpeas (garbanzo beans)
- › falafel
- › kidney beans
- › lentils
- › lima beans (mature)
- › navy beans
- › pinto beans
- › soy beans
- › split peas
- › white beans

Processed soy products

- › tofu (bean curd made from soybeans)
- › veggie burgers
- › tempeh
- › texturized vegetable protein (TVP)

Shellfish such as:

- › clams
- › crab
- › crayfish
- › lobster
- › mussels
- › octopus
- › oysters
- › scallops
- › squid (calamari)
- › shrimp

Canned fish such as:

- › anchovies
- › clams
- › tuna
- › sardines

Nuts and seeds*

- › almonds
- › cashews
- › hazelnuts (filberts)
- › mixed nuts
- › peanuts
- › peanut butter
- › pecans
- › pistachios
- › pumpkin seeds
- › sesame seeds
- › sunflower seeds
- › walnuts

Seafood*

Finfish such as:

- › catfish
- › cod
- › flounder
- › haddock
- › halibut
- › herring
- › mackerel
- › pollock
- › porgy
- › salmon
- › sea bass
- › snapper
- › swordfish
- › trout
- › tuna



Healthy Start

Low Sugar Breakfast



Eating a balanced breakfast is important to give you energy throughout the day. It can also help you feel full until lunch so you are less likely to overeat.

- Try to have 3 food groups every morning!
- Choose healthy carbohydrates like whole grains and fruit.
- Incorporate vegetables into your breakfast for added vitamins and minerals.

What are some tasty low sugar breakfast ideas?

- A slice toast with peanut butter and banana
- Plain yogurt with a sprinkle of granola and fresh, frozen, or canned fruit
- Two eggs scrambled with chopped vegetables, and a little shredded cheese. Add a slice of whole wheat toast for fiber and some healthy whole grains!
- A whole wheat toaster waffle topped with yogurt and fresh, frozen, or canned fruit
- Cottage cheese with slices of fresh or canned pineapple
- A fruit smoothie with some fresh or frozen fruit, yogurt, and milk or orange juice
- Cooked oatmeal with some fruit and peanut butter mixed in and a sprinkle of cinnamon
- Make home-made muffins with whole wheat flour and fruit inside, freeze the muffins so they will last longer and just warm one up every morning