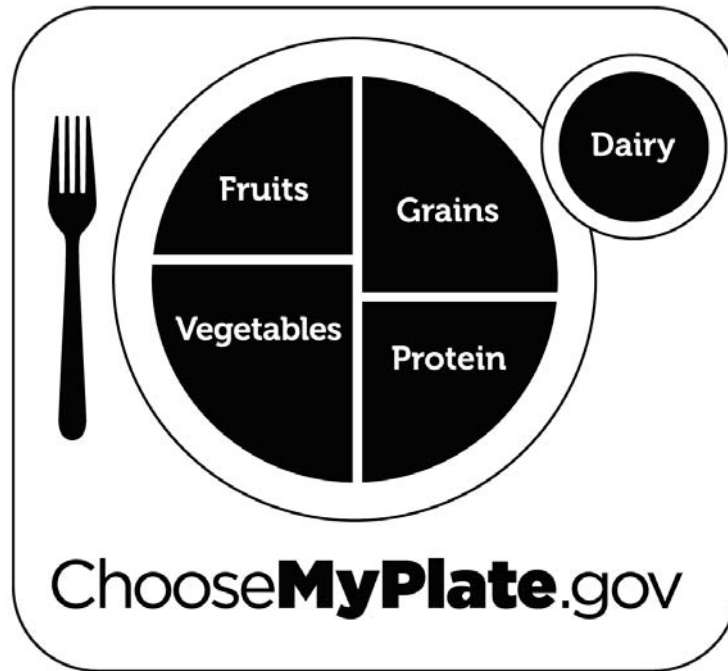


A Food Guide



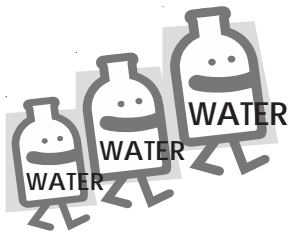
- | | |
|---------------------------|--|
| Whole Foods: | Choose foods in their natural, unprocessed form when possible. For example, fresh apples are in the “whole” form nature gave us. Applesauce and apple juice are more processed. Apple flavored products may not contain real apples. |
| Water: | Drink water, the liquid your body needs. |
| Moderation: | Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fats, sugars, and salt. |
| Variety: | Get the nutrients your body needs to be healthy by eating many different kinds of foods. |
| Physical Activity: | Engage in regular physical activity. Move your body! Play everyday. |

Produce a Plate

Food Choices

The Dietary Guidelines recommends eating less sodium, added sugars, solid fats, and

TO FILL HALF YOUR PLATE WITH COLORFUL FRUITS AND VEGETABLES!



Drink water often, with & between your meals.

Choose lowfat or nonfat milk.



A **starch/grain** fills a fourth of the plate not more than $\frac{1}{2}$ inch high. Choose whole grains when possible.

A **meat/protein** fills a fourth of the plate and should be generally low in fat.

Vegetables & fruits fill half the plate. Pile them as high as desired and if still hungry, go for seconds of veggies and fruits. Choose different colors & forms -- fresh, frozen, canned, or dried.



Dressings

Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Ready to eat commercial products that can be bought from the store may be high in fat, salt, and calories.

Homemade sauces, dips and dressings can be quick and easy to prepare. These recipes are low in fat, rich in flavor, a good source of nutrients, and still taste great.

Recipes

Ranch Style Dip

Yield: approximately 2 cups

Ingredients:

- 2-4 tablespoons water OR nonfat milk OR lowfat milk
- 1 (16-ounce) container lowfat cottage cheese
- 1 ounce package Ranch-style dressing mix

Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency, ADD more water OR milk.
3. POUR mixture into a medium jar, COVER and REFRIGERATE until ready to SERVE.

Variations:

Instead of Ranch-style dressing mix, use:

- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (cooked potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell pepper, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches etc.

Salsa

Yield: approximately 4 cups

Ingredients:

- ½ - ¾ pounds tomatoes OR 1 (28 ounce) can whole tomatoes
- ½ small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

Directions:

1. Finely CHOP tomatoes, onion, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper, and lemon OR lime juice.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Salsa may be used as a dressing or dip.



🌿 Thousand Island Dressing 🌿

Yield: approximately 1 ½ cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

🌿 Pina Colada Sauce 🌿

Yield: approximately 3 cups

Ingredients:

- 3 (6-ounce) containers lowfat vanilla yogurt
- 1 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.



🌿 Tartar Sauce 🌿

Yield: approximately 1 ½ cups

Ingredients:

- 1 teaspoon pickled capers
- 1 (6-ounce) container lowfat vanilla yogurt
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. CHOP capers.
2. In a small bowl, MIX capers, yogurt, pickle relish, and pepper.
3. COVER and REFRIGERATE until ready to SERVE.

Variations:

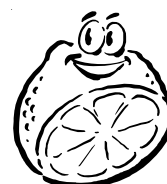
Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads.
To make Thousand Island dressing, add ketchup to sauce and eliminate capers.

🌿 Ginger-Citrus Dressing 🌿

Yield: approximately 1 cup

Ingredients:

- ¼ cup grated ginger root
- 2-4 tablespoons fresh lemon OR lime juice with zest*
- 1 cup rice vinegar
- Optional: ¼ cup honey**



Directions:

1. In a small bowl, MIX ingredients well. COVER and REFRIGERATE until ready to serve.

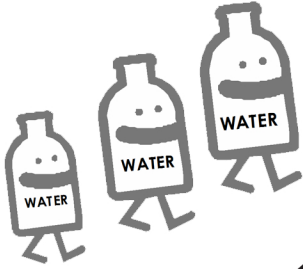
Variations:

Serve with “dippers”: sliced fruit, potato rounds, vegetable sticks.

* Zest is the thin outer peel of a citrus fruit.

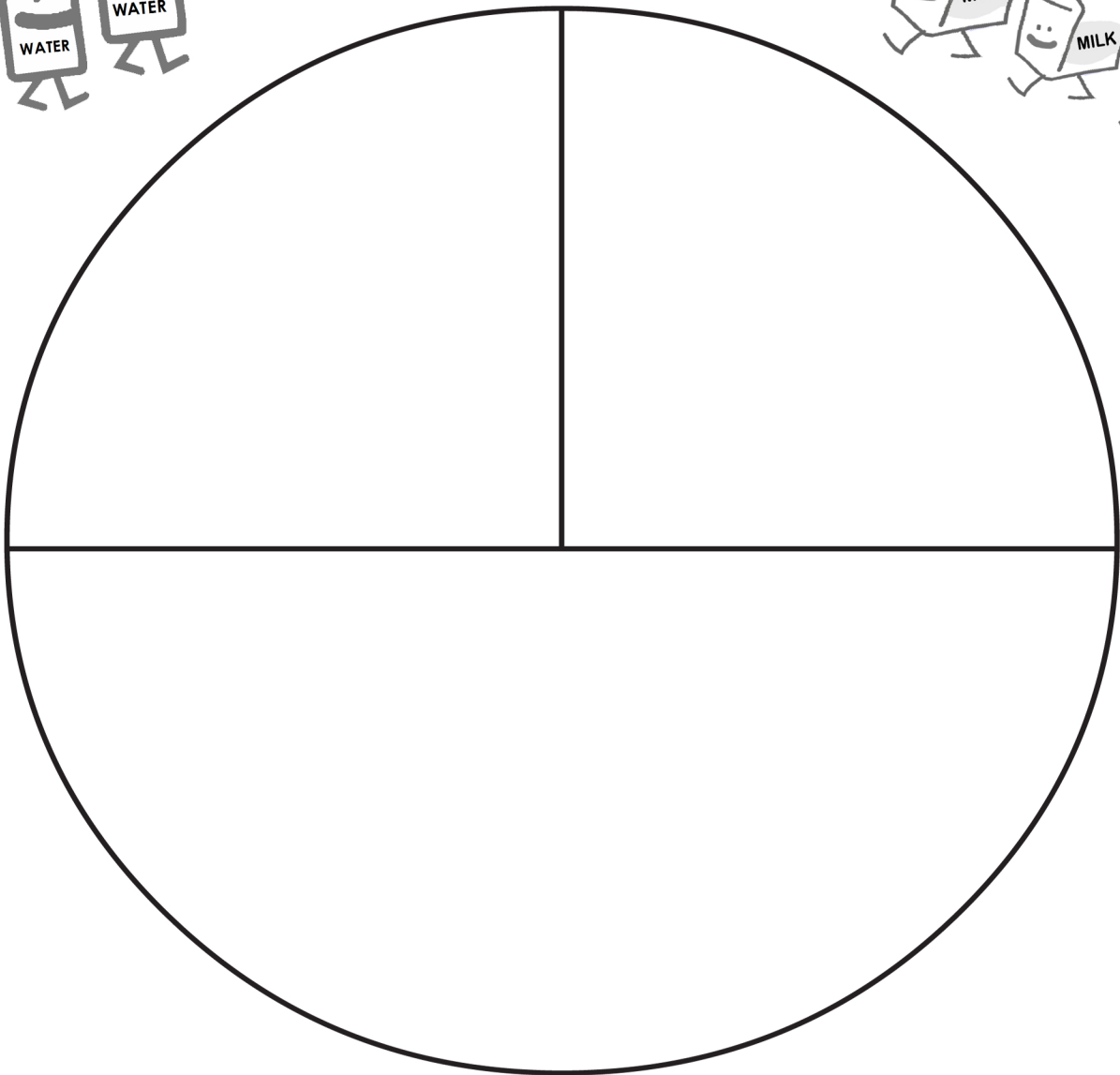
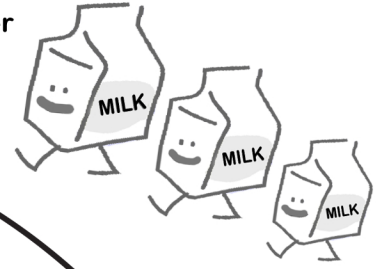
** Honey should not be consumed by persons under 2 years of age.

Produce A Plate with Fruits & Veggies



Drink water often,
with & between your
meals.

Choose lowfat or
nonfat milk.



Choose **MyPlate**.gov

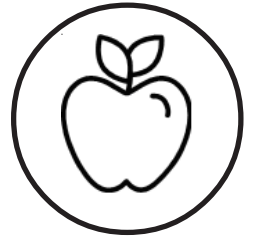
Fruits & Veggies—More Matters[®]

example:



5 or more *Today?*
Please list or draw

example:



vegetables

fruits

Five empty circles for recording information.

5 or more *Tomorrow?*

vegetables

fruits

Five empty circles for recording information.

5 or more for the *Weekend!*

vegetables

fruits

Five empty circles for recording information.

EAT A COLORFUL VARIETY OF FRUITS & VEGETABLES EVERY DAY!

PROTECTIVE FOODS — FRUITS AND VEGGIES — CHOOSE A VARIETY OF COLORS

Vegetable Group and Fruit Group

Acerola	Cauliflower	Green bean	Marungay	Pommelo	Tangerine
Apple	Celery	Green pepper	Okra	Pumpkin	Tomato
Apricot	Chayote	Guava	Orange	Seaweed	Turnips
Banana	Cherimoya	Jicama	Papaya	Spinach	Watercress
Bean sprout	Choi sum	Kiwi	Peach	Squash	Watermelon
Bittermelon	Cucumber	Kumquat	Peas	Starfruit	Winged bean
Broccoli	Eggplant	Lettuce	Persimmon	Strawberry	Zucchini
Cabbage	Fresh herbs	Luau Leaf	Pineapple	Sugar snap peas	
Cantaloupe	Grapefruit	Lychee	Pomegranate	Surinam cherry	
Carrot	Grape	Mango	Prickly pear	Tamarind	

BODY BUILDING FOODS - WATCH THE FAT

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group and Milk, Yogurt, Cheese and Calcium Foods Group

Fish	Beef	Beans	Sardines	Milk
Seafood	Pork	Lentils	Salmon	Cheese
Tuna	Chicken	Nuts	Dried fish	Yogurt
Eggs	Turkey	Tofu	Bones	Cottage cheese

ENERGY FOODS - CHOOSE WHOLE GRAINS

Bread, Cereal, Rice and Pasta Group

Bagels	Cornmeal	Macaroni	Soba	<u>Starchy Vegetables:</u>	
Barley	Crackers	Oats	Somen	Breadfruit	Potato
Breads	English muffins	Pita bread	Spaghetti	Green banana	Sweet potato
Bulgur	Look funn	Rice	Tortillas	Poi	Taro
Buns	Long rice	Pancit	Udon		
Cereals	Millet	Saimin	Whole grains		

CAUTION FOODS

Foods high in fats, oils, sweets, sugar, and salt

WATER - A BASIC NUTRIENT

PHYSICAL ACTIVITY