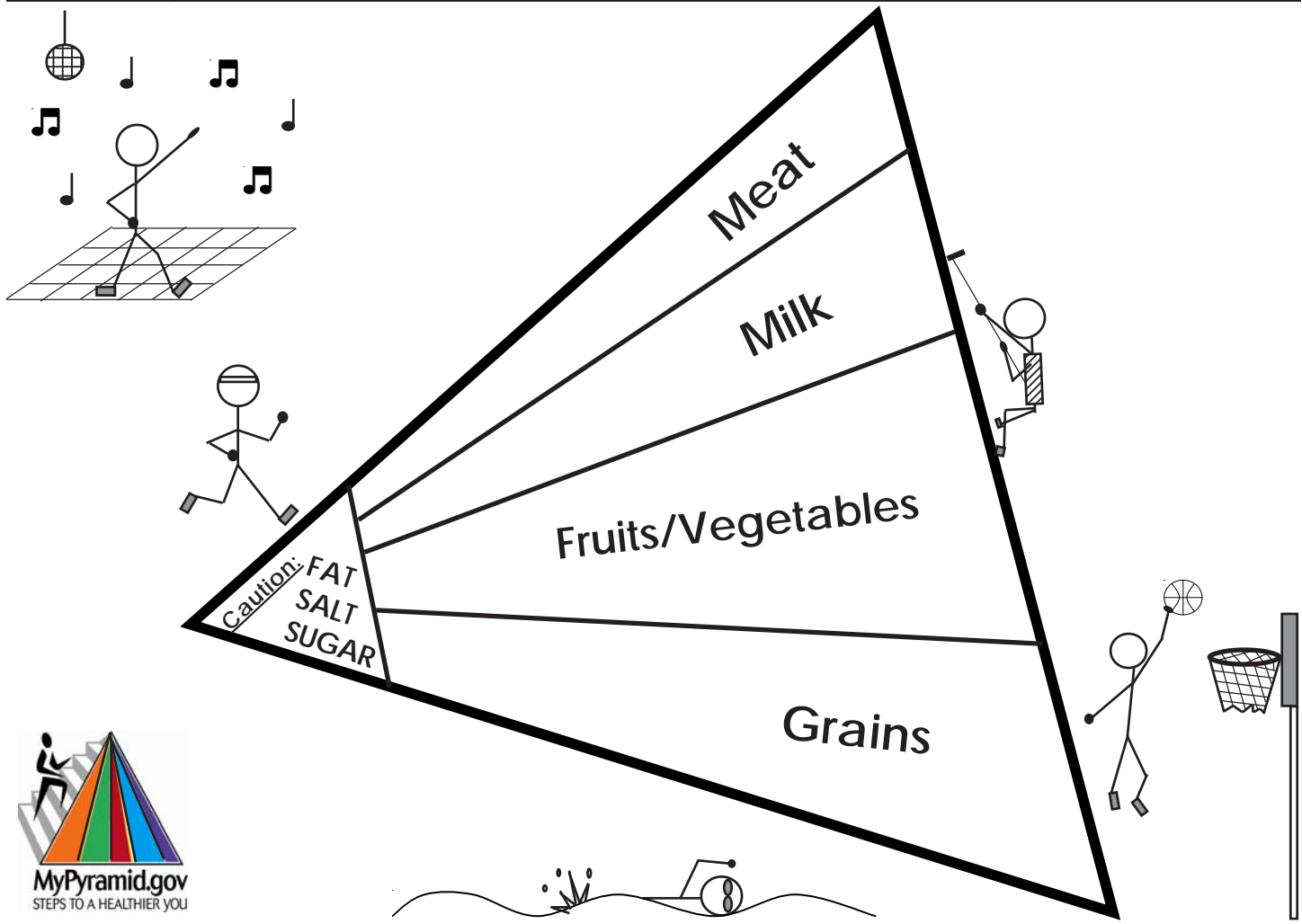


A Food Guide



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. Flavored apple 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:

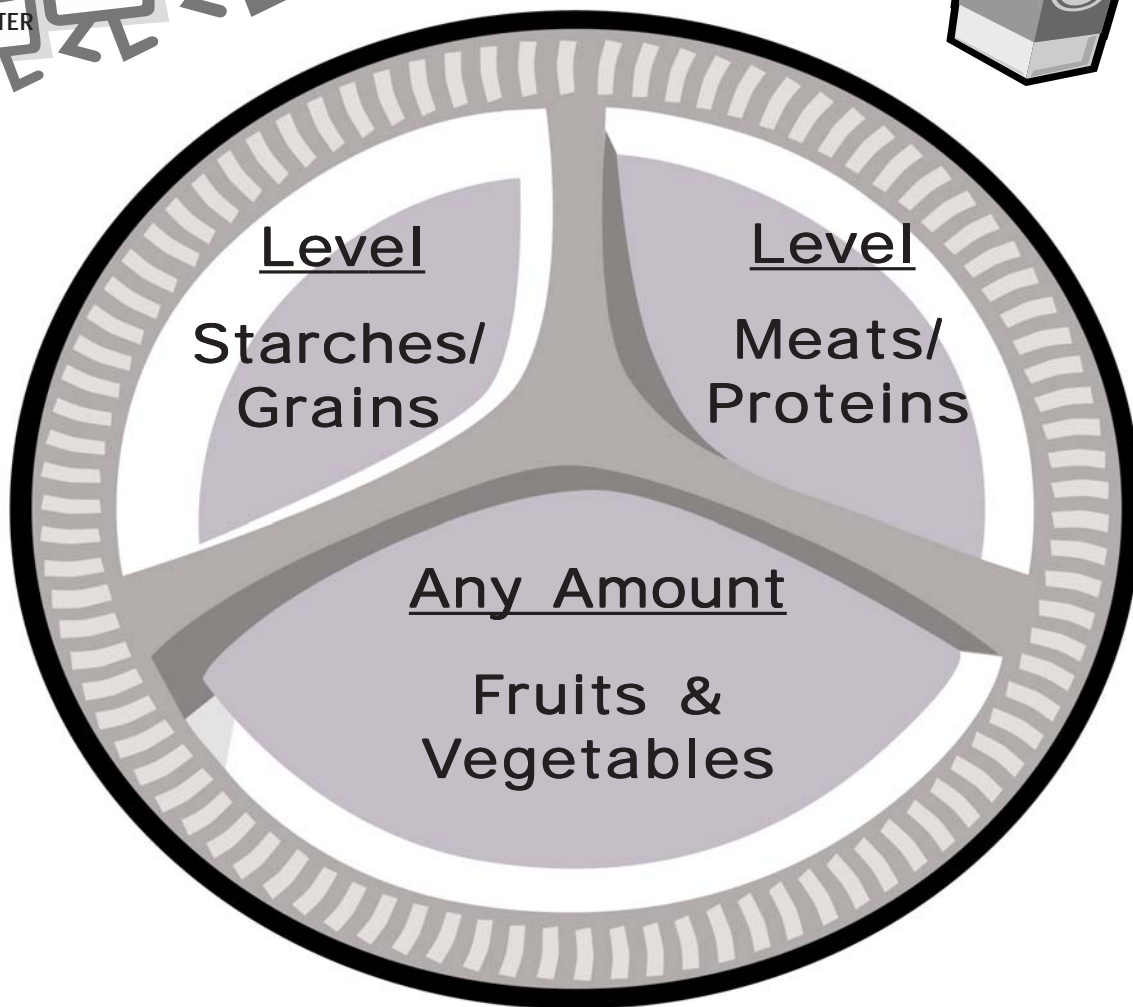
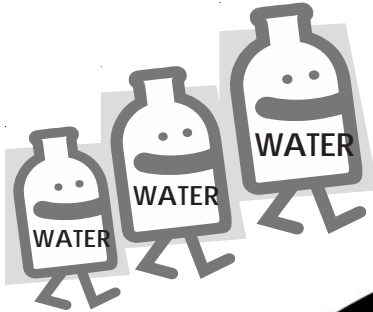
Get the nutrients your body needs to be healthy by eating many different kinds of foods.

Physical Activity:

Engage in regular physical activity. Move your body! Play everyday.

Produce a Plate

Food Choices



- Vegetables & fruits fill half the plate. Pile them as high as desired and if still hungry, go for seconds of veggies & fruits. Choose a lowfat dressing. Vary choices by eating vegetables & fruits of different colors and forms--fresh, frozen, canned, or dried.
- A starch/grain fills a fourth of the plate not more than 1/2 inch high. Choose whole grains whenever possible.
- A meat/protein food would fill the remaining fourth of the plate. Choices should be generally low in fat.
- Keep well hydrated. Drink water often, with and between your meals.
- If you are able, drink lowfat or nonfat milk.

Dressings

Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Commercial products that can be bought from the store may be high in fat, salt, and calories. Lowfat can taste good too.

Homemade sauces, dips and dressings can be quick and easy to prepare. These great 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, CHILL 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 (8-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:

- 1 (16-ounce) container lowfat vanilla yogurt
- 1 (12-ounce) container frozen pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

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



🌿 Tartar Sauce 🌿

Yield: approximately 1 ½ cups

Ingredients:

- 1 teaspoon pickled capers
- 1 (8-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
- ¼ cup honey*, optional



Directions:

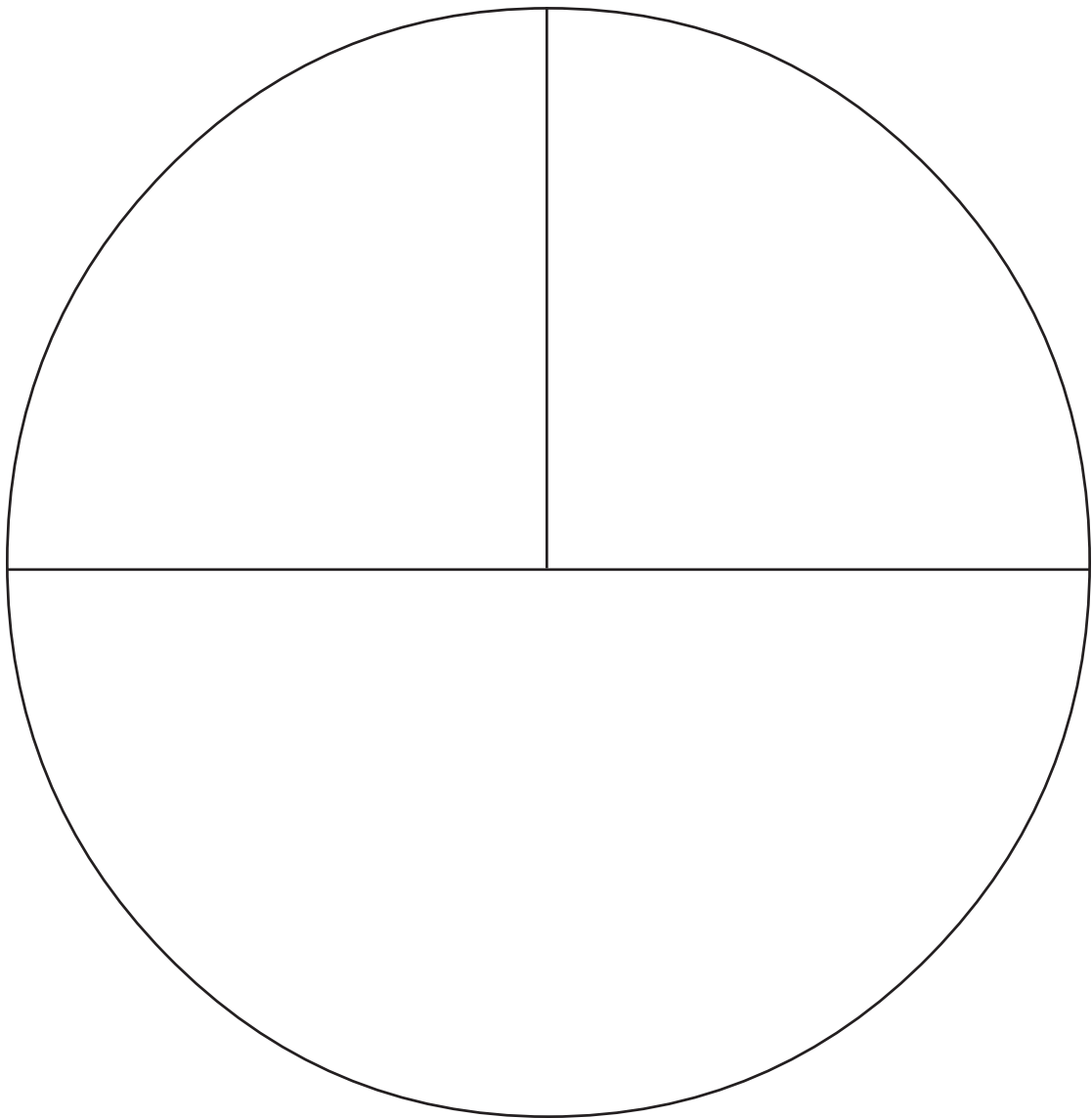
1. In a small bowl, MIX ingredients well. CHILL.

Variations:

Serve with “dippers” (sliced fruit, potato rounds, vegetable bits.)

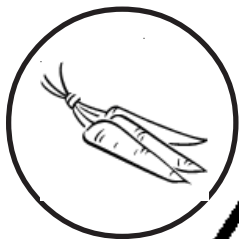
* Honey should not be consumed by persons under 2 years of age.

Produce A Plate with Fruits & Veggies



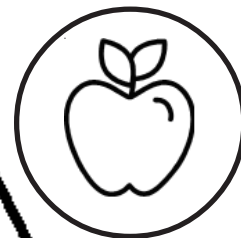
Eat the Colors

example:



5 or more *Today?*
Please list or draw

example:



vegetables			fruits		
○	○	○	○	○	○

5 or more *Tomorrow?*
Please list or draw

vegetables			fruits		
○	○	○	○	○	○

5 or more for the *Weekend!*
Please list or draw

vegetables			fruits		
○	○	○	○	○	○

CAUTION FOODS

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

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	Peanuts	Dried Fish	Yogurt
Eggs	Turkey	Tofu	Bones	Cottage cheese

PROTECTIVE FOODS - EAT THE 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	

ENERGY FOODS - CHOOSE WHOLE GRAINS

Bread, Cereal, Rice and Pasta Group and Starchy Vegetables

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 fun	Rice	Tortillas	Poi	Taro
Buns	Long rice	Pancit	Udon		
Cereals	Millet	Saimin	Whole grains		

WATER - A BASIC NUTRIENT

PHYSICAL ACTIVITY