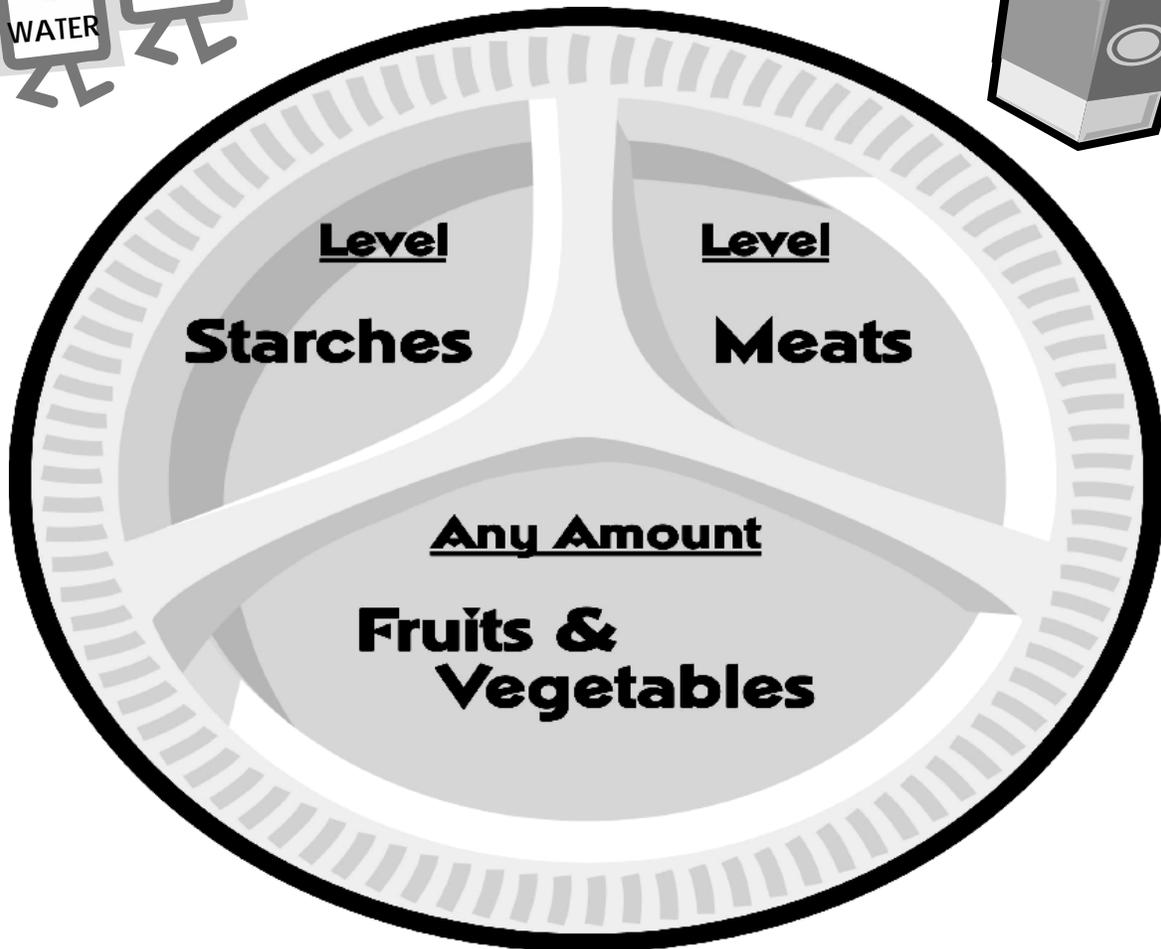
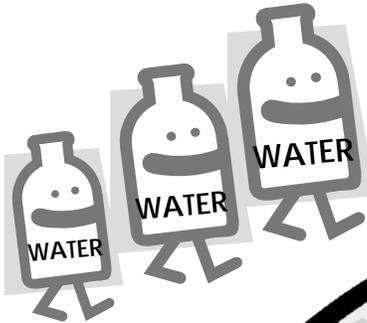

Produce a Plate

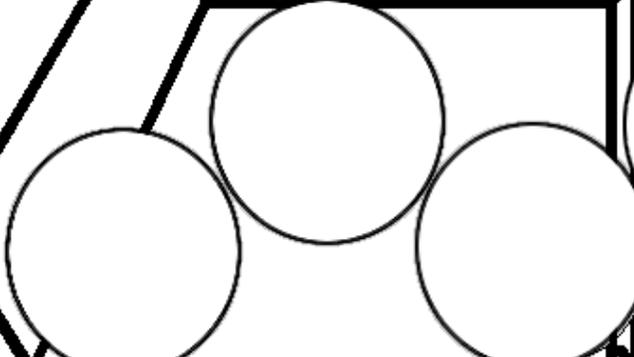
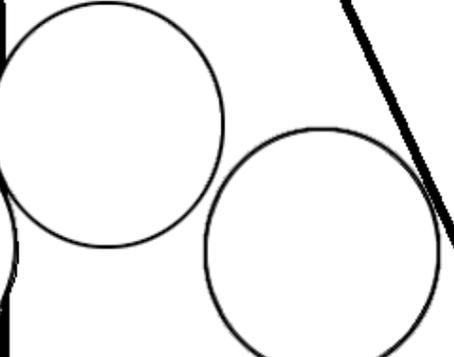
Food Choices



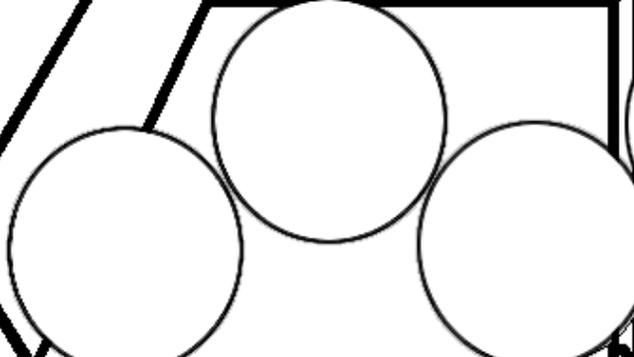
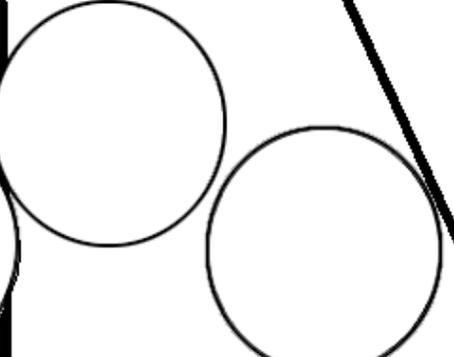
- Vegetables & fruits fill half the plate...pile as high as desired and if still hungry, go for seconds. Choose a low fat dressing. Vary choices and eat vegetables & fruits of different colors and forms—fresh, frozen, or canned.
- A starch fills a fourth of the plate not more than 1/2 inch high. Choose whole grains whenever possible.
- A protein food would fill the remaining fourth of the plate...choices should be generally low in fat.
- Keep well hydrated. Drink water often, with your meals and between your meals. If you are able to, drink low-fat or fat-free milk. If you can't consume dairy, choose another calcium source such as fortified beverages and foods.

Eat the Colors

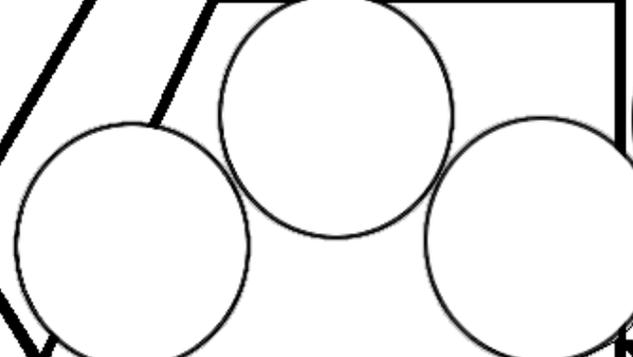
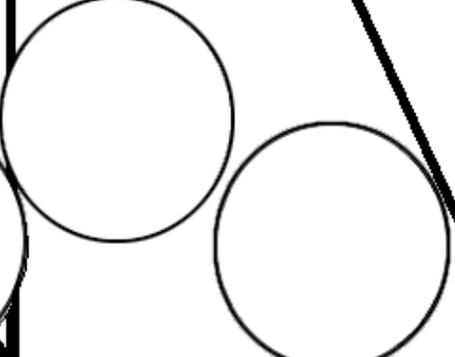
5 or more Today?
Please list or draw

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

ENERGY FOODS - CHOOSE WHOLE GRAINS

Bread, Cereal, Rice and Pasta Group and Starchy Vegetables

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

WATER - A BASIC NUTRIENT

PHYSICAL ACTIVITY

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. Low fat does not have to mean no taste.

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 excellent.

Recipes

Thousand Island Dressing (approximately 1 cup dressing)

- 1 carton (8 oz.) low-fat, plain OR vanilla yogurt
- ¼ cup tomato catsup
- ¼ cup chopped dill pickles OR pickle relish
- ¼ teaspoon pepper

Directions:

1. Blend all ingredients well.
2. Chill for 1-2 hours.
3. Serve and enjoy! Use as a dressing for vegetables and salads or in place of mayonnaise. It tastes delicious.

Pina Colada Sauce (approximately 3 cups sauce)

- 16 oz. low-fat yogurt or cottage cheese
- 12 oz. frozen pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. Combine ingredients in a blender or food processor.
2. Chill and serve with sliced fruit OR vegetable bits.



Ranch Style Dip
(approximately 2 cups dip)

- 16 oz. carton low-fat cottage cheese
- 2-4 tablespoons water OR skim milk
OR low-fat milk (to thin to desired consistency)
- 1/2 teaspoon onion powder (or 2 table spoons round onion)
- 1/2 teaspoon pepper
- 1-2 teaspoon dillweed
- 1/2 teaspoon garlic powder

Place ingredients in blender and blend at medium to high speed. For best flavor, chill for several hours or overnight. Serve with favorite "dippers" (potato rounds, cherry tomatoes, cabbage or lettuce leaves, broccoli, cauliflower, cucumbers, carrots, bell peppers, zucchini strips, etc.).

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

QUICKIE VARIATION: Use 1 package (1 oz.) ranch style dressing mix instead of individual spices.

Tarter Sauce
(approximately 1 cup dressing)

- 1 carton (8 oz.) low-fat vanilla yogurt
- 1/4 teaspoon pepper
- 1/4 cup chopped dill pickles OR pickle relish
- 1 teaspoon minced pickled capers

Blend all ingredients well (best if chilled 1-2 hours).

Serve and enjoy with seafood, vegetables or salad dressing, or in place of mayonnaise in sandwich spreads.

Salsa
(approximately 3 cups)

- 1/2 - 3/4 pounds tomatoes or 1 (28 ounces) can whole tomatoes
- 1/2 small round onion
- 1 piece chili pepper
- 1 teaspoon lemon or lime juice
- 2 tablespoons Chinese parsley

Directions:

1. Finely **CHOP** tomatoes, onions, and parsley.
2. **MINCE** chili pepper.
3. In a small bowl, **COMBINE** tomatoes, onion, chili pepper, lemon juice, and Chinese parsley.
4. **COVER** and **REFRIGERATE** until ready to use.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Can be used as a dressing or dip.

Ginger-Citrus Dressing
(approximately 1 cup dressing)

- 1/4 cup grated ginger root
- 2-4 tablespoons fresh lemon OR lime juice with zest
- 1 cup rice vinegar
- 1/4 cup honey, optional



Blend ingredients. Chill.

Serve with "dippers": sliced fruit, potato rounds, vegetable bits.