



A PYRAMID LIST OF FOOD SUGGESTIONS, CHOICES & OPTIONS

The following is only a partial listing of all the tasty and healthy foods that are possible. Suggestions, choices and options are very general ... individual tastes and creativity defines the specifics.

Resource: Lifeskills – Resources – Food Skills Cookbook.

<http://www.hawaii.edu/foodskills/cookbook.htm>

Water – A Basic Nutrient

- Bottled water
- Lemon water
- Added lime and mint leaves

Breads, Cereals, Rice, Pasta, and Starchy Vegetables – Energy Foods

- ▶ Soba
- ▶ Somen
- ▶ Spaghetti
- ▶ Tortillas
- ▶ Udon
- ▶ Whole grains
- ▶ Bagels
- ▶ Barley
- ▶ Breads
- ▶ Bulgur
- ▶ Buns
- ▶ Cereals
- ▶ Cornmeal
- ▶ Crackers
- ▶ English muffins
- ▶ Look fun
- ▶ Long rice
- ▶ Millet
- ▶ Macaroni
- ▶ Oats
- ▶ Pita bread

- ▶ Rice
- ▶ Pancit
- ▶ Saimin
- ▶ Breadfruit
- ▶ Green banana
- ▶ Poi
- ▶ Potato
- ▶ Sweet potato
- ▶ Taro
- ▶ Whole grain breads, cereals, rices, pastas --- no added fat
- ▶ Ready-to-eat cereal combinations, mini boxes of cereals
- ▶ Baked chips and crackers
- ▶ Traditional sushi and rice balls
- ▶ Bagels, English muffins, breadsticks
- ▶ Pretzels, soft and hard --- plain or baked seasoned
- ▶ Pita breads, flat breads
- ▶ Baked crackers
- ▶ Plain or reduced-fat popcorn
- ▶ Serve a platter of sliced or chunked taro, white and assorted potatoes of color
- ▶ Add chopped vegetable combinations to soups, salads and casseroles --- chop suey mix to chow fun noodles
- ▶ Mini versions of baked goods/pre-portioned --- mini muffins, rolls, cakes, cookies, pastries, etc.

Vegetables and Fruits – Protective Foods

- ★ Acerola
- ★ Apple
- ★ Apricot
- ★ Banana
- ★ Bean sprout
- ★ Bittermelon
- ★ Broccoli
- ★ Cabbage
- ★ Cantaloupe
- ★ Carrot
- ★ Marungay
- ★ Okra

- ★ Orange
- ★ Papaya
- ★ Peach
- ★ Peas
- ★ Persimmon
- ★ Pineapple
- ★ Pomegranate
- ★ Prickly pear
- ★ Pommelo
- ★ Pumpkin
- ★ Seaweed
- ★ Spinach
- ★ Squash
- ★ Tomato
- ★ Starfruit
- ★ Strawberry
- ★ Sugar snap peas
- ★ Surinam cherry
- ★ Tamarind
- ★ Tangerine
- ★ Tomato
- ★ Turnips
- ★ Watercress
- ★ Watermelon
- ★ Winged bean
- ★ Zucchini
- ★ Green bean
- ★ Green pepper
- ★ Guava
- ★ Jicama
- ★ Kiwi
- ★ Kumquat
- ★ Lettuce

- ★ Luau Leaf
- ★ Lychee
- ★ Mango
- ★ Cauliflower
- ★ Celery
- ★ Chayote
- ★ Cherimoya
- ★ Choi sum
- ★ Cucumber
- ★ Eggplant
- ★ Fresh herbs
- ★ Grapefruit
- ★ Grape
- ★ Whole fruit, sliced fruit, fruit kabobs, fruit cocktails
- ★ Frozen fruit pieces
- ★ Fruit sorbets, popsicles, juice cakes
- ★ Fat-free fruit rolls, chews, candies
- ★ Bananas, mangoes, papayas and other fruits “marinated” in 1) skim milk and coconut flavoring, 2) orange juice and almond flavoring, 3) pineapple juice and coconut flavoring, 4) evaporated skim milk and almond flavoring
- ★ Add fresh or dried fruits to green leafy salads --- tossed mango and romaine
- ★ Fruit and/or vegetable chunks tossed in lemon or key lime yogurt
- ★ Reduced fat peanut butter rolled in Manoa lettuce leaves
- ★ Tomatoes, green onion, round onions lomi-lomi style
- ★ Cucumbers, radishes and carrots flavored namasu style
- ★ Slivered carrots and cucumbers, mung bean sprouts and blanched watercress flavored kalbi style
- ★ Assorted squash chunks flavored adobo style
- ★ Peas and chopped water chestnuts flavored sweet-sour style
- ★ Pickled onions and cabbage slaw
- ★ Assorted vegetable sliced with miso-ginger-honey sauces
- ★ Assorted chopped vegetable with minced basil, mint and Chinese parsley
- ★ Assorted vegetables with curry sauce dressing
- ★ Broiled eggplant marinated in grated ginger, garlic and chili

- ★ Accompaniments: Reduced-fat or fat-free dressings, flavored herbed vinegars, reduced-fat or fat-free dips, fruit purees with honey ... blended cooked rice or reduced or no-fat cottage cheese or reduced or no-fat yogurt or reduced or no fat sour cream/cream cheese can serve as the base to many flavorings

Meats, Poultry, Fish, Dry Beans, Eggs, Nuts, Milk, Yogurt, Cheese – Body Building Foods

- ♥ Milk
- ♥ Cheese
- ♥ Yogurt
- ♥ Cottage cheese
- ♥ Fish
- ♥ Seafood
- ♥ Tuna
- ♥ Eggs
- ♥ Beef
- ♥ Pork
- ♥ Chicken
- ♥ Turkey
- ♥ Beans
- ♥ Lentils
- ♥ Peanuts
- ♥ Tofu
- ♥ Sardines
- ♥ Salmon
- ♥ Dried Fish
- ♥ Bones
- ♥ Lean meats, poultry and fish
- ♥ Water-packed canned seafood
- ♥ Reduced-fat or fat-free milks
- ♥ Evaporated skim milk

- ♥ Reduced-fat cheeses
- ♥ Frozen yogurt, yogurt pops, yogurt smoothies
- ♥ Toasted/Dry-roasted nuts
- ♥ Reduced-fat peanut butter
- ♥ Canadian bacon, lean hams
- ♥ Noodles, rice, beans and vegetables as the main dish with meats as garnish
- ♥ Add your favorite beans to soups, stews and salads --- gandule beans to cole slaw
- ♥ Evaporated skim milk to ice cakes and pumpkin pies
- ♥ Cooking methods: bake, broil, roast, steam, poach, oil sprays or broth
- ♥ Accompaniments: Reduced-fat dairy products including sour cream and cream cheese, curry sauces, char siu sauces, sweet sour sauces, adobo sauces, kalbi sauces, teriyaki sauces, coconut flavoring sauces, miso sauces, grated ginger sauces

Fats, Oils, Sweets, Sugars, and Salts – Caution Foods

- ✘ Fried foods
- ✘ Nuts, crackers, chips, etc. roasted/toasted in fats and oils
- ✘ Whipping creams
- ✘ Whole milks
- ✘ Sour cream
- ✘ Cream cheese
- ✘ Ice creams
- ✘ Bacon
- ✘ Mayonnaise
- ✘ Salad dressings
- ✘ Cookies
- ✘ Cakes
- ✘ Pies
- ✘ Donuts