Favorite Foods
“Favorite foods can be good, Add fruits and veggies, yes we should”

We all have our favorite foods we like to eat or make on special occasions. Favorite foods can be eaten in moderation or adapted in order to make it healthier. To do this, we can increase fruits and veggies in our favorite dishes.

Shoyu chicken or adobo
- Add onions, bell peppers, or other veggies

Noodles: pasta, fried saimin (soft wheat egg noodle), chow mein (thin Chinese noodles), chop chae (cellophane noodles), long rice (rice noodles), pancit (Filipino cellophane and/or egg noodles)
- Add carrots, cabbage, onions, mushrooms, zucchini, watercress, bean sprouts or chop suey mix.

Poke (seasoned raw fish)
- Quickly saute poke (if raw) and prepare a poke salad. Put poke on lettuce and garnish with tomatoes, onions, mushrooms, and other veggies.

Curries, stews, and soups
- Reduce the amount of meat and increase the amount of veggies such as carrots, celery, onions, cabbage, mushrooms, green beans, or other veggies.

Fruit as dessert
- Add fruit to gelatin or ice cream or prepare a gelatin and fruit salad such as almond float.
- Rice or tapioca pudding can be made with various fruits.

* Please check with your doctor or health care professional before making dietary changes

Funded by:
Executive Office on Aging
In collaboration with:
University of Hawaii
College of Tropical Agriculture and Human Resources
Cooperative Extension Services
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)