A Food Guide

Build A Healthy Plate

Drink water often, with and between your meals.

Choose fat-free or low-fat (1%) milk.

Vegetables and fruits fill half the plate.

Pile them as high as you want. If you are still hungry, go for more fruit and veggies.

Choose a variety of colors and forms: fresh, frozen, canned or dried, and 100% juice.

A starch/grain fills a fourth of the plate not more than 1/2 inch high.

Make half your grains whole grains.

A meat/protein fills a fourth of the plate, not more than 1/2 inch high.

Keep meat and poultry portions lean and small.

Eat beans, a natural source of fiber and protein.
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 more 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, such as fatty meats, desserts and frozen meals.
• Avoid oversized portions.

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

PHYSICAL ACTIVITY:
• Be physically active in your own way.
• Pick activities that you like and start by doing what you can, at least 10 minutes at a time.
• Adults should aim for 30 minutes each day.
• Children should aim for 60 minutes each day.

ENJOY:
• Enjoy your food.
• Cook together, eat together, talk together. Make mealtime a family time!
Be A Food Detective
Guess how many teaspoons of fat and salt are in the food below.

<table>
<thead>
<tr>
<th>Chocolate Candy Bar</th>
<th>Banana</th>
<th>Tuna in water</th>
<th>Luncheon Meat canned</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ounce</td>
<td>1 medium</td>
<td>2.5 ounces (1/2 can)</td>
<td>3 ounces (1/4 can)</td>
</tr>
<tr>
<td>[FAT]</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Brown Rice v.s. Brown Rice with 1 tablespoon Regular Shoyu

Brown Rice | 1 cup | [SALT] |

Potato v.s. Potato Chips

Potato | 1 medium |

Potato Chips | small bag (1 oz.) |

Answers on bottom of page 4

Fruits & Veggies — More Matters® Choose all different forms: Fresh, Frozen, Canned, Dried and 100% Juice. Select fruit for dessert.

Example: apple

List or draw the fruits and vegetables you ate, or will eat today.

Example:

List or draw the fruits and vegetables you plan to eat ___
FRUITS AND VEGGIES: Make half your plate fruits and vegetables.
Choose a variety of colors. Choose different forms.

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

PROTEINS: Keep meat and poultry portions lean and small.
Eat beans, a natural source of fiber and protein.

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

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

GRAINS: Make at least half your grains whole grains.

Bread, Cereal, Rice and Pasta Group

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

CUT BACK ON FOODS HIGH IN FATS, SUGARS, AND SALTS

Limit foods high in fats, oils, sugar and salt. Limit sweets and sugary desserts.

WATER: Drink the liquid your body needs.

BE PHYSICALLY ACTIVE IN YOUR OWN WAY.

Answers
FAT: chocolate candy bar = 2 tsp, banana=v. little, tuna in water=1/6 tsp, luncheon meat = 4 1/2 tsp
SALT: brown rice = v. little, brown rice & 1 tbsp. shoyu = 1/2 tsp, potato = v. little, potato chips= 1/10 tsp
Produce a Plate with Fruits and Veggies

Drink water often, with and between your meals.

Choose fat-free or lowfat (1%) milk.

FRUITS AND VEGETABLES

GRAINS AND STARCHES

MEATS AND PROTEINS

ChooseMyPlate.gov

Revised 9/14
Dressings

Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Store bought products may be high in fat, salt, and calories.

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

---

**Salsa**

**Yield:** about 4 cups

**Ingredients:**
- 1/2 - 3/4 pound tomatoes OR
- 1 (28-ounce) can whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

**Directions:**
1. DICE 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.

---

**Thousand Island Dressing**

**Yield:** about 1 cup

**Ingredients:**
- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 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.

---

**Ranch Style Dip**

**Yield:** about 2 cups

**Ingredients:**
- 2-4 tablespoons water OR lowfat milk OR fat free milk
- 1 (16-ounce) container cottage cheese (2% fat or less)
- 1 (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 a thinner consistency, ADD more water OR milk.
3. POUR mixture into a medium jar, COVER and REFRIGERATE until ready to SERVE.

---

**Pina Colada Sauce**

**Yield:** about 3 1/2 cups

**Ingredients:**
- 3 (6-ounce) containers lowfat or fat free vanilla yogurt
- 1 (12-fluid 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.

---