

NUTRIENT-RICH FOODS

They are foods and beverages that provide a high amount of beneficial nutrients



WHEN COOKING, DO YOU

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- Use whole wheat pasta
- Steam vegetables
- Use cooking spray
- Grill or bake meats
- Use low fat or fat free dressings
- Substitute oil for butter
- Use low fat dairy products
- Use fresh products instead of canned products
- Use whole wheat breads instead of white bread
- Use lean cuts of meat

Benefits

Practical: Offers simple tips and tools to help people eat healthfully

Convenient: Based on wholesome foods that are familiar and easy to find

Feel confident: Takes the guesswork and stress out of eating healthy

Flexible: Lets people choose from a wide variety of food and beverages

Nutrient-packed: Based on a foundation of wholesome foods that provide more nutrition per bite/more nutrition per calorie

Achieve more: Fuels active, healthy lifestyles

Feel fulfilled: Helps people choose healthier foods that satisfy



BREAKFAST IDEAS

The Eye-Opener (200-300 Calories): Wrap 1/2 cup shredded low-fat mozzarella cheese, 1/2 cup roasted green and red pepper slices, and 2 teaspoons horseradish mustard inside 2 ounces deli-sliced lean roast beef. Enjoy with 1/2 cup orange juice.

Power Pop-Up (300-400 Calories): Toast a 4-inch whole grain toaster waffle and top with 1 cup low-fat or fat-free yogurt and 1/2 cup mixed berries.

Rainbow Fruit Parfait (400-500 Calories): Layer 1 cup low-fat or fat-free yogurt with 1/2 cup blueberries, 1/2 cup sliced strawberries and 1/2 cup sliced kiwifruit. Sprinkle with 1/2 cup low-fat granola.

LUNCH IDEAS

Pita and Peanut Butter Surprise (200-300 Calories): Spread 1 tablespoon peanut butter inside a 4-inch whole wheat pita pocket and stuff with 1/2 cup sliced strawberries. Serve with 1 cup fat-free milk.

The Comfort Zone (300-400 Calories): Spread 2 slices whole wheat bread with 1-1/2 teaspoons butter. Make a sandwich with 2 ounces sliced reduced-fat cheese, such as smoked mozzarella, and grill. Serve with 1 cup tomato basil soup.

Decision-Free Favorite (400-500 Calories): Place 3 ounces lean ham and 2 ounces low-fat Swiss cheese on a whole grain bun. Top with 2 tablespoons stone-ground mustard and romaine lettuce. Accompany with a small sliced apple.

DINNER IDEAS

Good-for-You Grill (300-400 Calories): Marinate 3 ounces salmon in orange juice. Grill with 1/2 cup baby red potatoes, 1/2 cup onions and 6 asparagus spears tossed with 1 teaspoon olive oil. Serve with a crusty whole grain roll.

Family Favorite (400-500 Calories): Top 1 cup cooked whole wheat pasta with 3 ounces cooked ground skinless turkey breast or 90-95% lean ground beef mixed with 1/2 cup Italian-style tomato sauce. Serve with 1 cup spinach salad tossed with 1 tablespoon low-fat Italian dressing.

