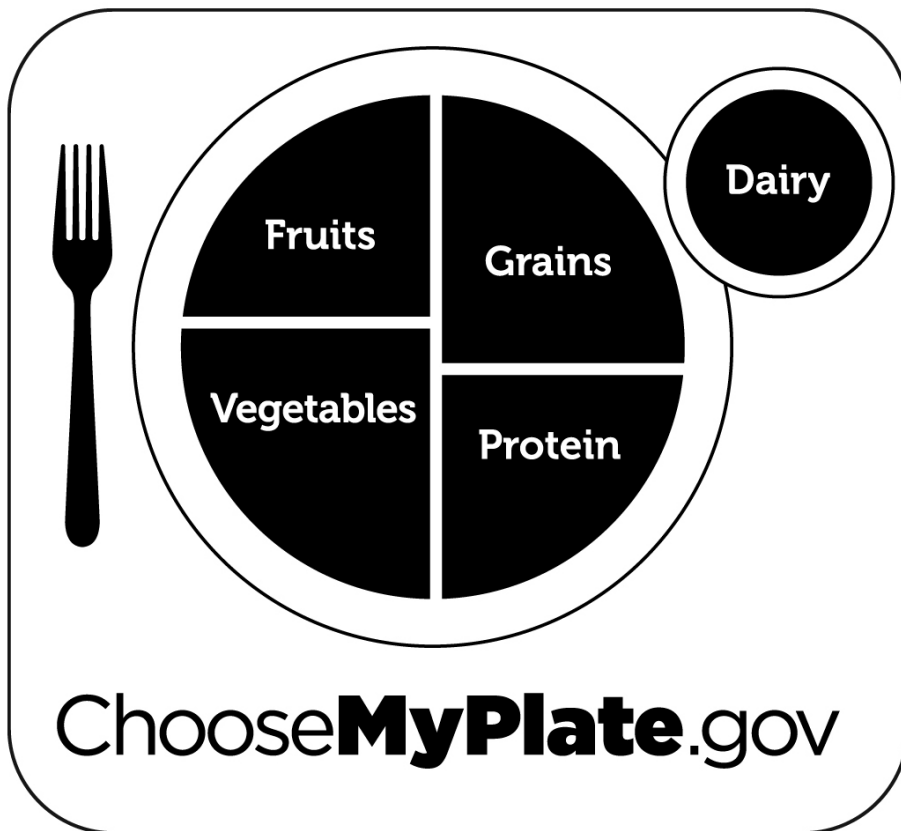


# A Food Guide

## 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.

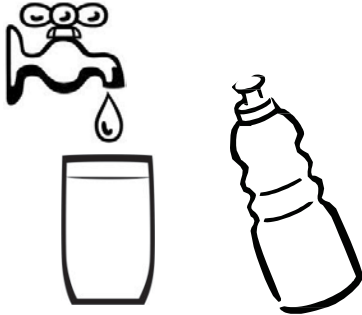
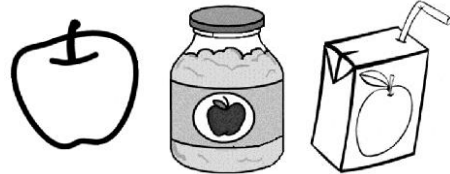
Keep meat and poultry portions lean and small.

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:

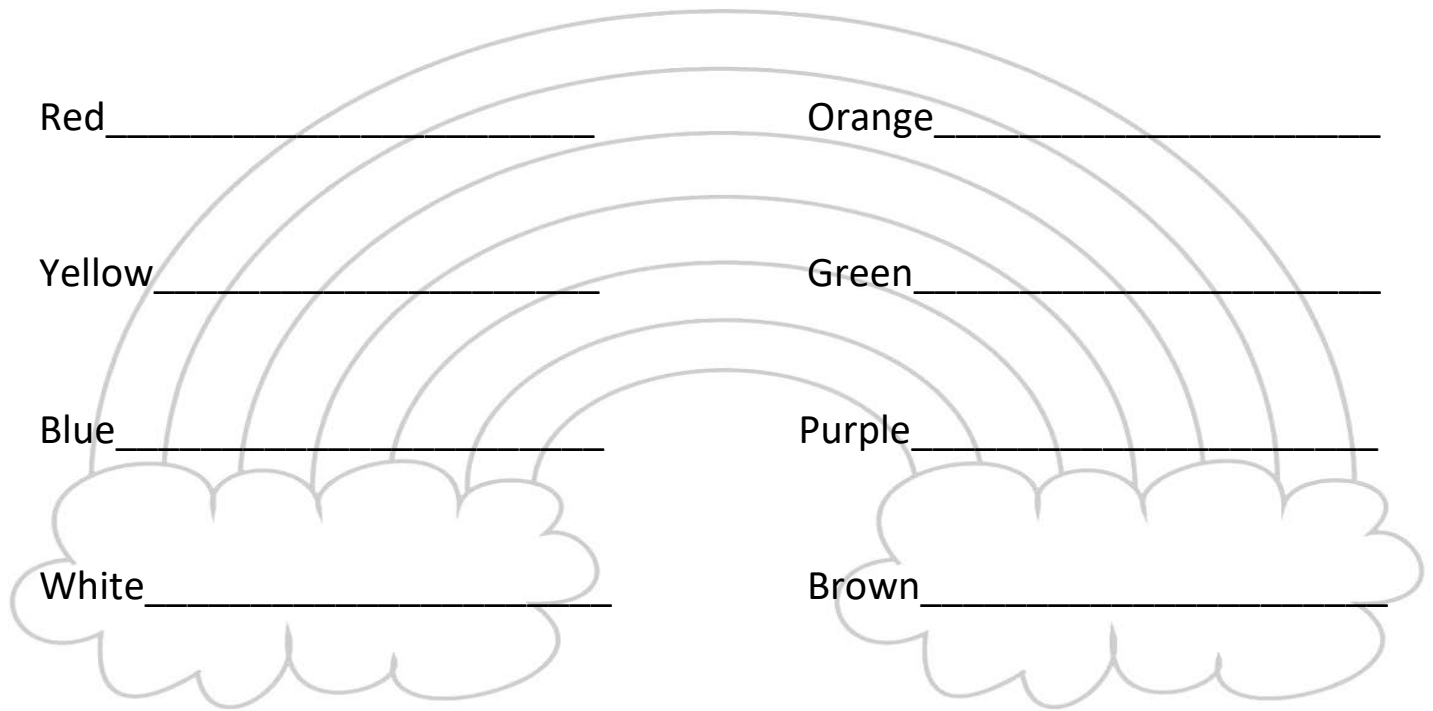
- Enjoy your food.
- Cook together, eat together, and talk together. Make mealtime a family time!

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# Fruits & Veggies – More Matters®

Name at least one fruit or vegetable in each color category below.  
Then, circle the color you eat most often.

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## Helpful hints to include more fruits and veggies in your meals and snacks:

1. Put fruits and veggies in easy to reach places. Have a bowl of fresh fruits on your table.
2. Top hot or cold cereal, pancakes, waffles, yogurt, or salads with fruit.
3. Substitute 100% fruit juice for cold water when making gelatin.
4. Offer children fruits and veggies cut into bite-sized pieces.
5. Freeze 100% fruit juice in an ice cube tray or small paper cups to make popsicles.
6. Add chopped or mashed fruits/veggies to quick breads, muffins or other baked goods.
7. Introduce new veggies to your family by adding them to your sauces or soups.
8. Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Store-bought products may be high in fat, salt, and calories. Try making your own!

# PROTECTIVE

**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	Pommelo	Tangerine
Bean Sprout	Cherimoya	Jicama	Okra	Pumpkin	Tomato
Bittermelon	Choi sum	Kiwi	Orange	Seaweed	Turnips
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

# BODY-BUILDING

**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

# ENERGIZING

**GRAINS:** Make at least half your grains whole grains.

Bread, Cereal, Rice and Pasta Group

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



## CAUTION: 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!**

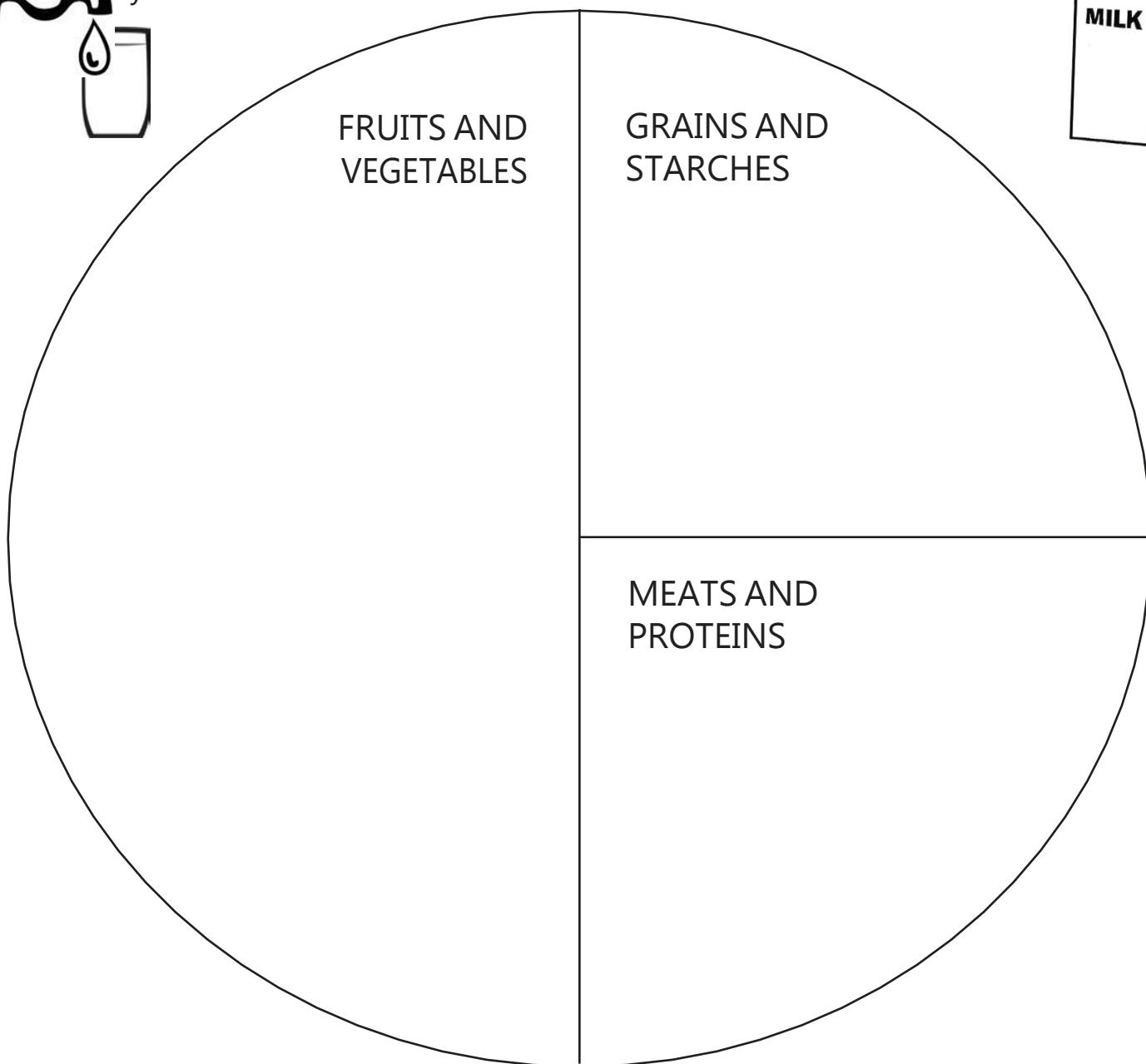
COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 1955 EAST-WEST ROAD, AGRICULTURAL SCIENCE 306, HONOLULU, HAWAII 96822 The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.

# Produce a Plate With Fruits and Veggies



Drink water often,  
with and between  
your meals.

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



# ChooseMyPlate.gov

# Dressings

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

**Yield:** about 1 cup

### Ingredients:

- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- 1/4 cup pickle relish
- 1/4 teaspoon pepper
- 1/4 cup ketchup



### 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.