



#NationalNutritionMonth

Foods that we grow up eating are often influenced by our family's history and culture. Many cuisines offer dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.



Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- Fill half your plate with fruits and veggies. Get creative with produce by trying an assortment of colors and textures.
- Experiment with different grains. Try substituting whole grains for refined grains in recipes.
- Choose lean protein foods. Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- Complete your meal with dairy. Include low-fat or fat-free options like milk, yogurt, cheese or calcium-fortified soymilk.

A healthful eating style can be as unique as you!

Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Oatmeal, amaranth or millet with fat-free or low-fat milk or soymilk, chopped unsalted nuts, and fruit
- Beans and brown rice, salsa, cooked plantain and a poached egg
- Low-fat yogurt with muesli and fresh fruit
- Scrambled egg with diced potato, bell pepper and onion, served with a fresh orange
- Fish tacos with avocado and salsa, sautéed chard and pineapple
- Shrimp gumbo with brown rice, okra and a side of fresh fruit
- Stir-fried bok choy, pork and brown rice with a kumquat and soymilk

Lunch or Dinner:

- Turkey and cheese sandwich on whole wheat bread with a cup of vegetable soup
- Chana masala with naan and vegetable raita
- Ravioli with sautéed tomatoes and mushrooms and fresh salad with pear and cheese
- Tabbouleh and lentil soup, with pomegranate and low-fat yogurt
- Grilled chicken with steamed broccoli, baked potato and shredded cheese

Snacks:

- Hummus with vegetables and whole wheat pita bread
- Low-fat plain yogurt and fresh fruit
- Cashews, almonds, or other nuts with dried fruit

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



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