



nutrition tid-bits

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Start Simple with MyPlate

Start Simple with MyPlate and get tips, ideas and a personalized plan to meet your food group targets. Find what works for you and your family within your food preferences, health goals, and budget.

Get started with tips from the MyPlate Food Groups and check out our app.

<https://www.choosemyplate.gov/startsimpleapp> or go to Start Simple with MyPlate resources.

<https://www.choosemyplate.gov/eathealthy/start-simple-myplate#resources>

Fruits - Focus on whole fruits:

Eat seasonally! Checking what fruits are in season in your area can help save money.

Craving something sweet? Try dried fruits like cranberries, mango, apricots, cherries, or raisins.

To meet your fruit goal—keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.

Vegetables - Vary your veggies:

Vary your veggies by adding a new vegetable to a different meal each day.

Add color to salads with baby carrots, shredded red cabbage, or green beans. Include seasonal veggies for variety throughout the year.

Vegetables go well with a dip or dressing. Try a low-fat dip or hummus with raw broccoli, red and yellow peppers, sugar snap peas, celery, cherry tomatoes or cauliflower.

Grains - Make half your grains whole grains:

Popcorn is a whole grain! Pop a bag of low-fat or fat-free popcorn for a healthier snack.

Whole grain pasta is great in baked dishes or pasta salad. If you choose refined grain pasta, make sure it's enriched by checking the ingredient list.

Ready-to-eat, wholegrain cereal is a tasty breakfast option or can be enjoyed as a whole grain snack

Protein Foods - Vary your protein routine:

Make dinner once and serve it twice. Roast a larger cut of lean meat. Make a second meal using the 'planned-over' meat.

For car trips, pack a mixture of unsalted nuts, seeds and dried fruit for a crunchy, protein-packed snack.

Keep seafood on hand. Seafood, such as canned salmon, tuna, or crab and frozen fish is quick and easy to prepare.

Dairy - Move to low-fat or fat-free milk or yogurt:

Make a smoothie by blending fat-free milk or yogurt with fresh or frozen fruit. Try bananas, peaches, or mixed berries.

For breakfast try low-fat or fat-free yogurt. Mix in cereal or fruit for extra flavor, texture and nutrients.

Adding 8 oz. of low-fat or fat-free milk to your meal is one of the easiest ways to get dairy.

Limits - Drink and eat less sodium, saturated fats and added sugars:

Tips for Salt and Sodium:

Many processed foods contain high amounts of sodium. Choose fresh vegetables, meats, poultry, and seafood when possible.

Using spices or herbs, such as dill, chili powder, paprika, or cumin, and lemon or lime juice, can add flavor *without adding salt*.

Tips for Saturated Fats:

Keep it lean and flavorful. Try grilling, broiling, roasting, or baking—they don't add extra fat.

Simple substitutions can help you stay within your saturated fat limit. Try using nonfat yogurt when you make tuna or chicken salad.

Tips for Added Sugars:

Split the sweet treats and share with a family member or friend.

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugars.

Avocado, Potato, and Grilled Chicken Salad

Makes: 4 Servings Prep Time: 45 minutes

Ingredients

- 3 medium red potatoes
- 1 fresh ripe, avocado
- 1 teaspoon lemon juice
- 4 green onions (chopped)
- 1/2 medium red bell pepper (chopped)
- 8 ounce frozen pre-cooked grilled chicken strips (about 8 strips) (thawed, cut into bite-size pieces)
- 1 tablespoon olive oil
- 1 tablespoon cider vinegar
- 1/2 cup lemon non-fat yogurt
- 1 teaspoon ground black pepper

Directions

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

Notes

Serving Suggestions Serve with an 8 oz glass of non-fat milk, 1 slice of whole-grain bread, and apple slices.

Source: Produce For Better Health Foundation