

TEACHING LIFE SKILLS TO PARENTS

PARTICIPANT GUIDE

Teaching Life Skills to Parents

Section Three: Food

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Food Tool Kit

Teachable Moments

- When you see her, client always is eating fast food.
- Client talks about having problems making her food money last.
- Client talks about having a hard time making food her family will eat.
- You and client walk or drive by a Farmer's Market.
- Client tears grocery coupons out of the paper.

Life Skills Questions

- What area do you think about when you think about how what you eat impacts your health?
- Do you ever read food product labels? What do you look for?
- Do you eat some vegetables each day?
- Do you plan your family's meals?
- Do you use a shopping list at the grocery store?
- Do you compare prices to get the best value?
- Will your children eat healthy snacks?

Pitfalls

- Food is one of those topic areas that is deeply influenced by culture. Be aware of how that might impact your work with a client. Some traditional dishes may be higher in fat. In this day and age, there are lots of conversion recipes.
- Children in the United States face an alarming rate of obesity. Make sure that client is aware of children's nutritional needs. Help client brainstorm about healthy (and safe) snacks for children.

Life Skills

- Knowing the five food groups and the meaning of "Choose My Plate."
- Knowing proper portion size.
- Knowing why good nutrition is important
- Planning healthy meals and grocery shopping for these meals
- Food shopping on a budget
- Knowing some healthy snack ideas for children

Curriculum Units for Food

Nutritious Eating: “Choose My Plate” and Serving Size

- What is “Choose My Plate?”
- Why is it important to eat a healthy, balanced diet?
- Learn the five basic food groups
- Learn what a proper serving size is for various food items
- Learn what the various daily nutrient needs areas are and why they are important

Reading Labels

- Why label food?
- Learn what information a food label contains
- Learn how to read a food label
- Learn some of the label tricks manufacturers play

Snacks

- Why is it important to eat healthy snacks?
- What are appropriate healthy snacks for infants and toddlers, preschoolers, school-aged children, and adults?
- Have a library of good healthy snack ideas

Meal Planning

- Learn how to plan a meal

- Have a library of recipes for several breakfasts, lunches and dinners
- Know how to prepare different nutritious meals

Food Shopping on a Budget

- Learn how to make a grocery list
- Learn how to coordinate good meal planning and food shopping
- Learn some good money-saving tips
- Learn how to decode unit pricing

Food and Nutrition Activities to do with Clients

Nutritious Eating: “Choose My Plate” and Serving Size

- Do a Nutrition Self-Assessment. This involves having the client either do a 24-hour recall on what s/he ate or keep track of what s/he eats in a 24-hour period. Review the Self-Assessment for healthy, balanced eating.
- Learn about a new vegetable including shopping and preparation.
- Help the client create a list of what a serving is in the dairy food group. Make sure the client is familiar with the items on the list.
- Help the client make a plan to eat five servings of fruits and vegetables every day for a week and to keep track of how the plan works.

Reading Labels

- Go into the client’s cupboard and together, read some of the labels.
- Look at juice labels.
- Look at “junk food” labels.

Snacks

- Plan healthy snacks for a week.
- Make a list of the snacks that are not appropriate for young children and why.
- Have client keep a list of her family snacking behavior for a week.

Meal Planning

- Plan a dinner making sure it is balanced and healthy.

- Make a list of five healthy breakfasts (ones the client will try). This includes listing the ingredients and preparation.
- Plan one day's food menus.

Food Shopping on a Budget

- Visit a Farmer's Market.
- Make a weekly grocery list with the client.
- Go grocery shopping with the client.
- Look at the unit pricing for one food item (canned tomatoes, pasta, soup) and figure out the best deal.
- Go through the newspaper and look at the coupons.
- Read a grocery store's weekly flyer.

Exercise: Food and the Stages of Behavior Change

Consider the Stages of Behavior Change when assessing the following scenario:

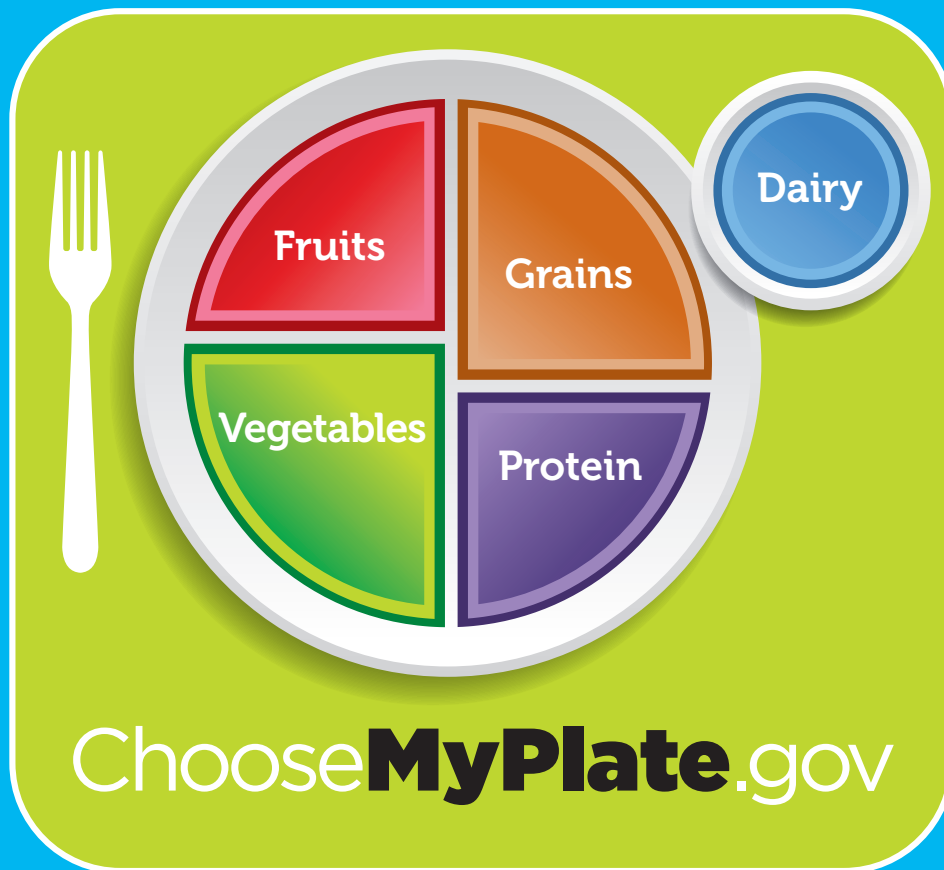
1. You arrive at your client's apartment for a scheduled home visit and she has just arrived home from the grocery store. She unpacks her groceries while you sit at the kitchen table and this is what you see:

Two one-liter bottles of cola
Two big bags of Cheetos
A box of Cocoa Puffs cereal
A bag of cookies
A package of lunch meat
A loaf of bread
A half gallon of chocolate milk
A six-pack of Jello

What stage of behavior changes might the client be at regarding making any changes in her approach towards nutrition and why?

2. Add a bag of apples to the grocery bag and answer the same question.
3. What would the client's bag of groceries look like if she were in the Action Stage of Behavior Change? The Maintenance Stage?

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words “whole” or “whole grain” before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
To find amounts personalized for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

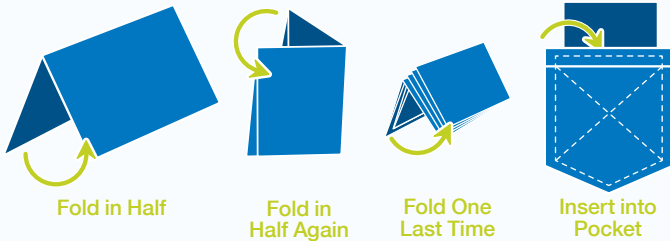


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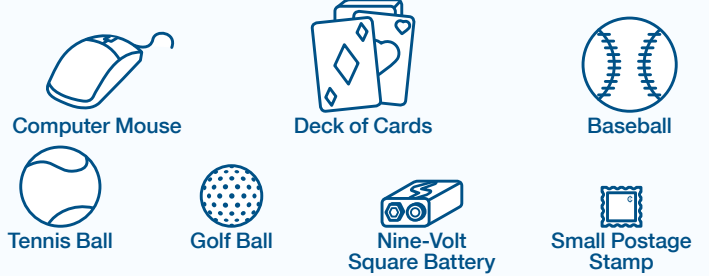
Portion Size Pocket Guide

Portion size you can visualize: an on-the-go guide to smarter eating.

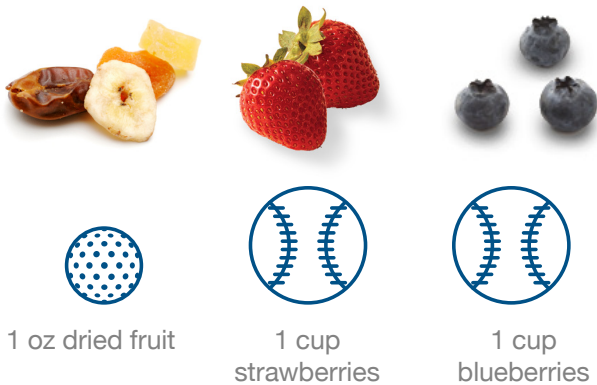
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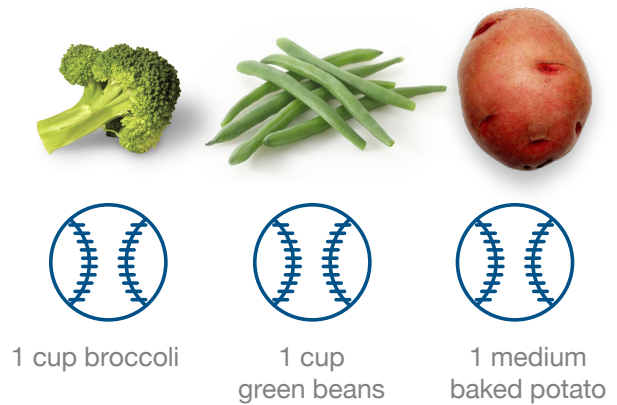
Visualization Key



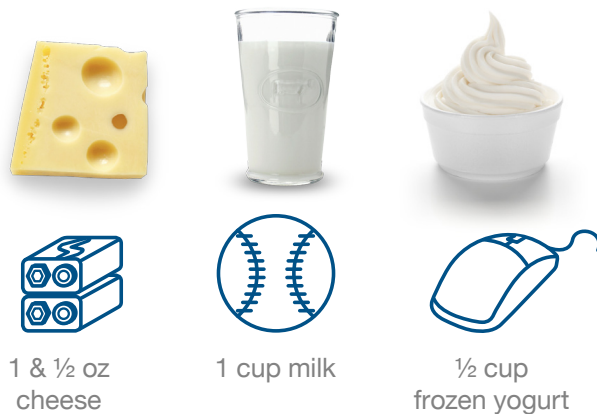
Fruits



Veggies



Dairy



Meat, Nuts and Beans



Fats and Oils























Grains



SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

	=			=			=	
steak		iPod Classic	cheese		matchbox	pancake		DVD
	=			=			=	
pasta		ice cream scoop	potato		mouse	fish		checkbook
	=			=			=	
butter		postage stamp	salad dressing		1-oz shot glass	brown rice		baseball
	=			=			=	
peanut butter		golf ball	beans		lightbulb	dark chocolate		dental floss

USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total fat	Less than		65g	80g
Sat fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

Label Logic

What's in it for me?

Just looking at a Nutrition Facts label doesn't always tell us what we're actually eating. All amounts listed on the label are for one serving – but what if you eat two –or even the whole package! A few simple calculations will help you figure out how many calories or grams of fat are in the servings that you actually consume.

Compare these snack food Nutrition Facts Labels and fill in the information below. Then select which snack you would choose.

Nutrition Facts	
Serving Size 10 twists 60g (60g)	
Amount Per Serving	
Calories 228	Calories from Fat 14
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 814mg	34%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 17%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Nutrition Facts	
Serving Size 1 medium apple (125g)	
Amount Per Serving	
Calories 65	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 0g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Nutrition Facts	
Serving Size ¼ cup	
Servings Per Container 45	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 20%

Your serving: 20 twists

Your serving: 1 apple

Your serving: 1/2 cup Trail Mix

Serving Size on label: _____

Serving Size on label: _____

Serving Size on label: _____

Calories per serving: _____

Calories per serving: _____

Calories per serving: _____

Total Fat grams per serving: _____

Total Fat grams per serving: _____

Total Fat grams per serving: _____

Calories in your serving: _____

Calories in your serving: _____

Calories in your serving: _____

Total Fat grams in your serving: _____

Total Fat grams in your serving: _____

Total Fat grams in your serving: _____

Based on your servings:

Which snack is the lowest in Total Fat?

Which snack is the lowest in Saturated Fat?

Which snack is the lowest in calories?

Which snack would you choose?

Choosing Healthy Snacks

Fruit Group

- ❖ apple wedges
- ❖ banana or pineapple chunks
- ❖ berries
- ❖ dried fruits (apricots, raisins)
- ❖ fruit juice or frozen fruit juice bar
- ❖ fruit salad
- ❖ grapes or cherries
- ❖ mango or melon wedges
- ❖ nectarine or peach slices
- ❖ orange or grapefruit sections
- ❖ dates, figs or prunes

Vegetable Group

- ❖ broccoli or cauliflower pieces
- ❖ carrot or celery sticks
- ❖ green pepper rings or strips
- ❖ vegetable soup
- ❖ zucchini slices
- ❖ salads, tossed or congealed
- ❖ cucumber slices or tomato wedges
- ❖ sweet potato or turnip strips
- ❖ salsa

Bread, Cereal, Rice, & Pasta Group

- ❖ bread sticks or rolls
- ❖ cereal, hot or cold
- ❖ cornbread
- ❖ crackers
- ❖ muffin
- ❖ graham crackers
- ❖ pita bread wedges
- ❖ plain popcorn
- ❖ rice cakes
- ❖ whole grain bread or toast
- ❖ tortilla
- ❖ cookies, such as oatmeal cookies

Milk, Yogurt, Cheese Group

- ❖ low-fat milk - hot or cold, flavored or plain
- ❖ low-fat cheese
- ❖ low-fat yogurt
- ❖ pudding or custard made with low-fat or skim milk
- ❖ frozen yogurt, ice milk or ice pops

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- ❖ meat slices or wedges
- ❖ hard-cooked eggs
- ❖ nuts, sunflower or pumpkin seeds
- ❖ tuna, chicken or ham salad
- ❖ bean dip or soup
- ❖ peanut butter

Snack ideas for under 100 calories each

- ❖ 1 cup melon balls (or other fruit) topped with 1/4 cup low-fat vanilla yogurt
- ❖ 4 cups air-popped popcorn
- ❖ 1 graham cracker and 1/2 cup skim milk
- ❖ 10 carrot sticks and 1 tablespoon low-fat ranch dressing
- ❖ 1 cup of tomato soup

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Healthy Foods for Children are Healthy Foods for the Family

Food Choices

- ◆ Choose foods from all of the food groups daily to help your child grow
- ◆ Serve colorful foods in many shapes and sizes
- ◆ Include foods that are crunchy, crisp, chewy, soft, hot and cold

Snacks

- ◆ Snacks are for energy and growth
- ◆ Plan when and where snacks are eaten
- ◆ Choose healthy snacks from all of the food groups
- ◆ Ideas for snacks: Lowfat milk or yogurt, raw vegetables, fresh fruit, juice, popcorn, tortilla with cheese, leftovers like spaghetti or pizza

Foods Away from Home

- ◆ Help your child make wise food choices when eating out
- ◆ Talk about the good foods your child is served at school
- ◆ When your child takes lunch from home let him/her help fix it
- ◆ Encourage your child to eat a fruit or vegetable with every meal

Water

- ◆ Water is the best drink for the body
- ◆ Offer water several times a day

Fiber

- ◆ Fiber helps prevent constipation and helps in digestion of food
- ◆ Good sources of fiber are cooked dried beans, fruits and vegetables, whole grain breads and cereals

Activity

- ◆ Activity is important for your child's growth
- ◆ Encourage active playing every day
- ◆ Encourage playing on a school team

Hints on Eating Healthy

Make Breakfast Every Morning

- ◆ Plan quick, easy meals like cereal, toast, and juice
- ◆ Eat leftovers such as a burrito with milk and fruit



For Food and Snacks

- ◆ Let children choose some foods
- ◆ Teach children to make meals
- ◆ Try new foods, one at a time



Make Mealtime Special

- ◆ Plan regular eating times
- ◆ Eat meals together
- ◆ Share family news and fun
- ◆ Turn the TV off during meals

Help Your Child to Eat...

- ◆ Serve small portions with seconds available
- ◆ Allow your child to decide how much he or she will eat
- ◆ Don't force your child to eat if he or she is not hungry

As a Reward or Special Treat

- ◆ Give hugs for attention (not food)
- ◆ Do a special activity with your child:
 - read a book*
 - play a game*
 - go for a walk*
 - plan a family outing*
- ◆ Do not use food as a bribe or reward



HEALTHY FOODS for Children 6 to 10



Arnold Schwarzenegger, Governor
State of California

Diana M. Bonta, Director
Department of Health Services

Revised 04/02 – English

Children's Medical Services Branch
Child Health & Disability Prevention Program

Healthy Snacks For Toddlers

❶ Toddlers are known for many things including their changeable eating habits. They may eat a lot one day and then almost nothing the next day. They may like something one day and not like it the next. You can go crazy!

❷ Toddlers have small stomachs and may prefer to eat smaller amounts several times a day instead of just three meals. Here are some tips for some healthy snacks to feed your little ones.

❸ Please remember that toddlers can easily choke on food. Please make sure that you feed them small pieces. You should avoid feeding some foods to your young toddler like whole grapes, raw celery or carrots, popcorn and nuts.

❹ Please don't feed your child candy or junk food. These will just fill him up with food that is not good for his growing body!

❺ What makes a good snack? It's nutritious, fun to eat, looks and tastes good, and it's quick, convenient and easy to make!.

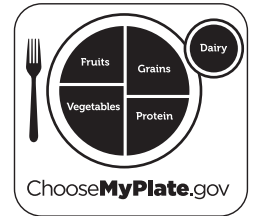
❶ For 1 to 2 year old children

- ❶ cooked peas or carrots
- ❷ graham crackers
- ❸ bagels
- ❹ fruit juice
- ❺ sliced cut-up bananas
- ❻ cut up avocado
- ❼ dry cereal such as Cheerios (avoid sweetened cereals)
- ❽ mashed cooked beans
- ❾ yogurt

❶ For 2-5 year old children

- ❶ whole grain pretzels
- ❷ rice cakes
- ❸ crackers
- ❹ cheese (cubed, sticks, sliced or grated)
- ❺ soft dried fruit like raisins, apricots and apples
- ❻ cooked beans
- ❼ raw vegetable strips
- ❽ yogurt
- ❾ fresh fruit slices
- ❿ tortillas

cut back on your kid's sweet treats



10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

One-Week Menu Planner

sunday	B ::
	L ::
	S ::
	D ::
monday	B ::
	L ::
	S ::
	D ::
tuesday	B ::
	L ::
	S ::
	D ::
wednesday	B ::
	L ::
	S ::
	D ::
thursday	B ::
	L ::
	S ::
	D ::
friday	B ::
	L ::
	S ::
	D ::
saturday	B ::
	L ::
	S ::
	D ::

Shopping List

[illegible]



Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that preceeds it.)

Day 1

BREAKFAST

Breakfast burrito

- 1 flour tortilla (7" diameter)
- 1 scrambled egg (in 1 tsp soft margarine)
- 1/3 cup black beans*
- 2 tbsp salsa
- 1 cup orange juice
- 1 cup fat-free milk

LUNCH

Roast beef sandwich

- 1 whole grain sandwich bun
- 3 ounces lean roast beef
- 2 slices tomato
- 1/4 cup shredded romaine lettuce
- 1/8 cup sauteed mushrooms (in 1 tsp oil)
- 1 1/2 ounce part-skim mozzarella cheese
- 1 tsp yellow mustard
- 3/4 cup baked potato wedges*
- 1 tbsp ketchup
- 1 unsweetened beverage

DINNER

Stuffed broiled salmon

- 5 ounce salmon filet
- 1 ounce bread stuffing mix
- 1 tbsp chopped onions
- 1 tbsp diced celery
- 2 tsp canola oil
- 1/2 cup saffron (white) rice
- 1 ounce slivered almonds
- 1/2 cup steamed broccoli
- 1 tsp soft margarine
- 1 cup fat-free milk

SNACKS

- 1 cup cantaloupe

Day 2

BREAKFAST

Hot cereal

- 1/2 cup cooked oatmeal
- 2 tbsp raisins
- 1 tsp soft margarine
- 1/2 cup fat-free milk
- 1 cup orange juice

LUNCH

Taco salad

- 2 ounces tortilla chips
- 2 ounces ground turkey, sauteed in
- 2 tsp sunflower oil
- 1/2 cup black beans*
- 1/2 cup iceberg lettuce
- 2 slices tomato
- 1 ounce low-fat cheddar cheese
- 2 tsp salsa
- 1/2 cup avocado
- 1 tsp lime juice
- 1 unsweetened beverage

DINNER

Spinach lasagna

- 1 cup lasagna noodles, cooked (2 oz dry)
- 2/3 cup cooked spinach
- 1/2 cup ricotta cheese
- 1/2 cup tomato sauce tomato bits*
- 1 ounce part-skim mozzarella cheese
- 1 ounce whole wheat dinner roll
- 1 cup fat-free milk

SNACKS

- 1/2 ounce dry-roasted almonds*
- 1/4 cup pineapple
- 2 tbsp raisins

Day 3

BREAKFAST

Cold cereal

- 1 cup bran flakes
- 1 cup fat-free milk
- 1 small banana
- 1 slice whole wheat toast
- 1 tsp soft margarine
- 1 cup prune juice

LUNCH

Tuna fish sandwich

- 2 slices rye bread
- 3 ounces tuna (packed in water, drained)
- 2 tsp mayonnaise
- 1 tbsp diced celery
- 1/4 cup shredded romaine lettuce
- 2 slices tomato
- 1 medium pear
- 1 cup fat-free milk

DINNER

Roasted chicken breast

- 3 ounces boneless skinless chicken breast*
- 1 large baked sweetpotato
- 1/2 cup peas and onions
- 1 tsp soft margarine
- 1 ounce whole wheat dinner roll
- 1 tsp soft margarine
- 1 cup leafy greens salad
- 3 tsp sunflower oil and vinegar dressing

SNACKS

- 1/4 cup dried apricots
- 1 cup low-fat fruited yogurt

Day 4

BREAKFAST

- 1 whole wheat English muffin
- 2 tsp soft margarine
- 1 tbsp jam or preserves
- 1 medium grapefruit
- 1 hard-cooked egg
- 1 unsweetened beverage

LUNCH

White bean-vegetable soup

- 1 1/4 cup chunky vegetable soup
- 1/2 cup white beans*
- 2 ounce breadstick
- 8 baby carrots
- 1 cup fat-free milk

DINNER

Rigatoni with meat sauce

- 1 cup rigatoni pasta (2 ounces dry)
- 1/2 cup tomato sauce tomato bits*
- 2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil)
- 3 tbsp grated Parmesan cheese
- Spinach salad
- 1 cup baby spinach leaves
- 1/2 cup tangerine slices
- 1/2 ounce chopped walnuts
- 3 tsp sunflower oil and vinegar dressing
- 1 cup fat-free milk

SNACKS

- 1 cup low-fat fruited yogurt



Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that precedes it.)

Day 5

BREAKFAST

Cold cereal
1 cup shredded wheat cereal
1 tbsp raisins
1 cup fat-free milk
 1 small banana
 1 slice whole wheat toast
1 tsp soft margarine
1 tsp jelly

LUNCH

Smoked turkey sandwich
2 ounces whole wheat pita bread
1/4 cup romaine lettuce
2 slices tomato
*3 ounces sliced smoked turkey breast**
1 tbsp mayo-type salad dressing
1 tsp yellow mustard
 1/2 cup apple slices
 1 cup tomato juice*

DINNER

Grilled top loin steak
5 ounces grilled top loin steak
 3/4 cup mashed potatoes
2 tsp soft margarine
 1/2 cup steamed carrots
1 tbsp honey
 2 ounces whole wheat dinner roll
1 tsp soft margarine
 1 cup fat-free milk

SNACKS

1 cup low-fat fruited yogurt

Day 6

BREAKFAST

French toast
2 slices whole wheat French toast
2 tsp soft margarine
2 tbsp maple syrup
 1/2 medium grapefruit
 1 cup fat-free milk

LUNCH

Vegetarian chili on baked potato
*1 cup kidney beans**
*1/2 cup tomato sauce w/ tomato tidbits**
3 tbsp chopped onions
1 ounce lowfat cheddar cheese
1 tsp vegetable oil
1 medium baked potato
 1/2 cup cantaloupe
 3/4 cup lemonade

DINNER

Hawaiian pizza
2 slices cheese pizza
1 ounce canadian bacon
1/4 cup pineapple
2 tbsp mushrooms
2 tbsp chopped onions
 Green salad
1 cup leafy greens
3 tsp sunflower oil and vinegar dressing
 1 cup fat-free milk

SNACKS

5 whole wheat crackers*
 1/8 cup hummus
 1/2 cup fruit cocktail (in water or juice)

Day 7

BREAKFAST

Pancakes
3 buckwheat pancakes
2 tsp soft margarine
3 tbsp maple syrup
 1/2 cup strawberries
 3/4 cup honeydew melon
 1/2 cup fat-free milk

LUNCH

Manhattan clam chowder
3 ounces canned clams (drained)
3/4 cup mixed vegetables
*1 cup canned tomatoes**
 10 whole wheat crackers*
 1 medium orange
 1 cup fat-free milk

DINNER

Vegetable stir-fry
4 ounces tofu (firm)
1/4 cup green and red bell peppers
1/2 cup bok choy
2 tbsp vegetable oil
 1 cup brown rice
 1 cup lemon-flavored iced tea

SNACKS

1 ounce sunflower seeds*
 1 large banana
 1 cup low-fat fruited yogurt

* Starred items are foods that are labeled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table

Making the Most of Your Food Dollars

Food Shopping on a Budget

Shopping List Guide

Fresh fruits and vegetables

Dried beans and peas

Canned fruits, vegetables and other
canned foods

Milk, cheese and yogurt

Bread, cereal, rice, tortillas and other
grain products

Meat, poultry, fish and eggs

Staples and miscellaneous

Frozen foods

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Agriculture cooperating. Gail A. Buchanan, Dean and Director

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Making the Most of Your Food Dollars

Food Shopping on a Budget

Food shopping on a budget takes planning. Follow these steps to get the most for your money.

Step 1: Make a food budget.

Determine how much money you have for food. Include the value of food stamps. You and your instructor can work together to make a monthly food budget.

If you shop once a week, divide your monthly food budget by four to find out how much you have for food each week.

If you plan to buy nonfood items, such as dish soap, at the grocery store, be sure to budget some money for these items.



Step 2: Plan meals and snacks for your family for a week.

- ✓ Check what foods you have on hand. Plan to use these foods.
- ✓ Check newspaper ads or store flyers for weekly specials.
- ✓ Plan to use leftovers for other meals during the week.
- ✓ Be sure to include foods from all five food groups on the Food Guide Pyramid.
- ✓ Include meatless meals to extend your protein dollars.

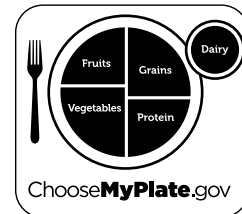
Step 3: Make a shopping list of the foods you need to make the meals and snacks on your menu.

You and your instructor can work together to determine how much you need of these foods.

Check to see if you have coupons for foods on your list.

Step 4: Review your shopping list and budget. Does this look like a shopping list that would fit your food budget? Your instructor might have more ideas on ways to cut food costs.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

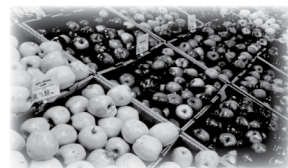
For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Making the Most of Your Food Dollars

Be A Smart Shopper



What you do:

1. Select one of your family's favorite foods and compare its cost with a store brand and a national brand.

National Brands vs. Store Brands

	National Brand	Store Brand
Name of Food	_____	_____
Weight	_____	_____
Total Cost	_____	_____
Cost Per Unit	_____	_____

2. Compare the cost of the same food in three different forms - canned, frozen, and fresh.

Canned vs. Frozen vs. Fresh

Form of Packing	Food - Green Beans	Food -
Canned (weight)	17 oz.	
Total Cost	34¢	
Cost Per Unit	.02¢	
Frozen (weight)	10 oz.	
Total Cost	79¢	
Cost Per Unit	7.9¢	
Fresh (weight)	1 lb. (16 oz.)	
Total Cost	89¢	
Cost Per Unit	5.6¢	

How did you do?

1. Which brand was the best buy?

☐ National ☐ Store

2. List the major differences between the two food brands. (Were the ingredients the same?)

3. Which form of food was the best buy?

☐ Canned

☐ Frozen

☐ Fresh

4. Which form of food does your family prefer?

☐ Canned

☐ Frozen

☐ Fresh

Why?

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Making the Most of Your Food Dollars

Shopping Around

Get together with a friend and select three of your favorite foods that are sold in a variety of food stores. Visit three or four of these different types of food stores, (Supermarket, local grocery store, roadside markets, cooperatives and 24-hour convenience stores). Compare the differences in cost for each of your three favorite foods.

How did you do?

What did you discover about shopping at different types of food stores?

Price _____

Convenience _____

Food Quality _____



Store	Food Item	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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Making the Most of Your Food Dollars

Compare the Cost

Shopping Tips

- ✓ Shop when you (and your children) are not tired or hungry.
 - ✓ Be sure to take your grocery shopping list.
 - ✓ Remember to take your coupons. Use coupons only if they make items you usually buy cost even less.
 - ✓ Stick to your grocery list.
 - ✓ Compare prices.
 - ✓ Check higher or lower shelves for less costly items.
 - ✓ Get refrigerated and frozen foods last.
 - ✓ Watch for mistakes at the checkout line.
 - ✓ Make sure you get back the correct amount of change.
 - ✓ Handle and store food properly to reduce waste.
-

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Making the Most of Your Food Dollars

Compare the Cost

Comparing prices can help you find the best buy. Unit prices for food are sometimes displayed on the store shelves below the foods. A unit price tells you how much the food costs per ounce or per pound. You can use the unit price to compare the cost on different size packages.

Unit Price 4¢ per oz.	Total Price
	\$.72
Snappy Rice Cereal	18 oz.

Unit Price 10¢ per oz.	Total Price
	\$.60
Crackly Rice Cereal	6 oz.

Notice the unit of measure for the two brands of cereal is ounces. The cost per ounce is the unit price.

Name the cereal that costs the least (total price) _____

Name the brand that costs the least per ounce _____

Which cereal product is the better buy? _____

Sometimes you must figure out the cost per serving on your own. For example, if there are 10 ounces in a box of cereal and the box costs 80¢, what is the cost per ounce? _____

ANSWERS ON BACK

Keeping Food Safe

Food Storage Times for the Home

Proper storage keeps foods tasting fresh longer. It also slows down the growth of bacteria that makes food spoil or become unsafe to eat. This chart shows the maximum amount of time foods will be fresh and safe to eat. The time foods can be stored depends on:

- ✓ how fresh the food was at the grocery store.
- ✓ the temperature of the refrigerator or freezer.
- ✓ how well the food was wrapped or covered.

Colder temperatures keep foods fresh and safe longer. Freezers that are part of a refrigerator are not as cold as separate freezer units. Therefore, frozen foods last longer when stored in separate freezer units.

Food	Refrigerator (40°F)	Freezer (0-10°F)
Eggs, fresh, in shell	4-5 weeks	Do not freeze
raw yolks, whites	2-4 days	1 year
Hard cooked	1 week	Do not freeze
Liquid pasteurized eggs or egg substitutes, unopened.	10 days	1 year
Mayonnaise, commercial (refrigerate after opening)	2 months	Do not freeze
TV dinners, frozen casseroles	---	3-4 months
Fresh meat (tightly wrapped)		
Ground meat (beef, chicken, turkey, pork, lamb, veal) and stew meats	1-2 days	3-4 months
Steaks, roasts and chops:		
beef	3 days	6-12 months
lamb	3 days	6-9 months
pork or veal	3 days	4-6 months

Food	Refrigerator (40°F)	Freezer (0-10°F)
Fresh poultry (tightly wrapped)		
Whole chicken or turkey	1-2 days	1 year
Chicken or turkey pieces	1-2 days	9 months
Fresh fish, gutted	1-2 days	3-6 months
Hot dogs, unopened package	2 weeks	1-2 months
Lunch meats, unopened package	2 weeks	1-2 months
Bacon (tightly wrapped)	7 days	1 month
Sausage, raw from pork, beef or turkey	1-2 days	1-2 months
Smoked breakfast links, patties	7 days	1-2 months
Hard sausage-pepperoni, jerky sticks	2-3 weeks	1-2 months
Corned beef in pouch with pickling juices	5-7 days	1 month (drained and wrapped)
Ham, canned, label says keep refrigerated, unopened	6-9 months	Do not freeze
Ham, fully cooked-whole	7 days	1-2 months
Ham, fully cooked-half or slices	3-5 days	1-2 months
Dairy Products		
Milk-whole, low fat or skim	7 days	3 months
Reconstituted evaporated or opened condensed milk	4-5 days	Do not freeze
Reconstituted dry milk	4-5 days	Do not freeze
Cream	1-2 weeks	2 months
Buttermilk	1-2 weeks	3 months
Butter	1-3 months	6-9 months
Cheese		
Hard	3-4 weeks	6 months
Cottage cheese	1 week	Does not freeze well
Cream cheese	2 weeks	Does not freeze well
Processed cheese	1 month	4-6 months
Sour cream	1-3 weeks	Do not freeze
Yogurt	1-2 weeks	1-2 months
Ice Cream	---	2-3 weeks
Expressed breast milk	1 day	3-4 months
Infant formula	2 days	Do not freeze

Adapted from the University of Nebraska Cooperative Extension bulletin, "Food Storage"
and USDA-FSIS, *Cooking for Groups - A Volunteer's Guide to Food Safety*, 2001.

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Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, Extension Nutrition-EFNEP Specialist, and Judy Harrison, Ph.D., Extension Foods Specialist.
February, 2003 • Publication Number: FDNS-NE 601

Keeping Food Safe

Storing Leftovers Safely

Store leftovers properly to keep them safe. Store leftovers in clean, covered containers. Store a large amount of leftovers in several small shallow containers instead of one large container.

This chart shows the maximum amount of time leftovers should be kept in the refrigerator or freezer. The time leftovers can be kept safely depends on:

- ✓ whether or not the food was handled safely during preparation.
- ✓ how fast the food cooled down to refrigerator or freezer temperature.
- ✓ the temperature of the refrigerator or freezer.

Once leftovers are reheated, they should not be stored again. Throw away any reheated leftovers that are not eaten.

Food	Refrigerator (40°F)	Freezer (0-10°F)
Eggs, liquid pasteurized or egg substitutes, opened	3 days	Do not freeze
Deli and vacuum-packed products: Store-prepared (or homemade) egg, chicken, tuna, ham or macaroni salads	3-5 days	These products do not freeze well
Pre-stuffed pork and lamb chops, chicken breasts stuffed with dressing	1 day	
Cooked meat and meat dishes	3-4 days	2-3 months
Soups and stews, gravy and meat broth	1-2 days	2-3 months

Food	Refrigerator (40°F)	Freezer (0-10°F)
Cooked poultry, poultry dishes	1-2 days	4 months
Chicken nuggets, patties	1-2 days	1-3 months
Cooked fish	3-4 days	4-6 months
Hot dogs, opened package	1 week	1-2 months (wrapped)
Lunch meats, opened package	3-5 days	1-2 months (wrapped)
Baby food		
Strained fruits or vegetables*	1-2 days	6-8 months
Strained meats and egg yolks*	1 day	1-2 months
Meat and vegetable combinations*	1-2 days	3-4 months

* These storage times are for opened jars or homemade baby food. Follow the "use-by" date for shelf storage of unopened jars.

Adapted from the University of Nebraska Cooperative Extension bulletin, "Food Storage"

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Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, Extension Nutrition-EFNEP Specialist, and Judy Harrison, Ph.D., Extension Foods Specialist.
February, 2003 • Publication Number: FDNS-NE 602

Visit Plan

Client's Name: *Daisy Duck* Date of Visit: *February 17, 2016*

Topic of last visit: *What are the five food groups? (Teachable moment: client's child came home with material from school on healthy eating.)*

Topic for this visit: *Adding more fruit to the client's family's diet*

Who is in the family? *Daisy Duck (30 yrs.), son Donny Jr. (10 yrs old), daughter Marguerite (7 yrs) and Daisy's 85-year old grandfather, Canard*

Safety issues to be aware of: *Neighbor has pitbull that sometimes gets loose.*

Who needs to be there: *Daisy*

What is your goal for this visit? *To leave Daisy with a plan to add one more fruit to her family's diet 4 times in the next week.*

What activity do you have planned for this visit? *To work with Daisy to identify ways to add fruit to her family's diet and to leave her with a plan on how she will add one more fruit to her family's daily diet a specified number times in the next week.*

Supplies/Equipment/Materials: *From "Choose My Plate," a list of different kinds of fruit and portion sizes and a Tip Sheet on how to eat more fruit. Most recent Smart and Final flyer.*

What are the steps of your activity?

1. *To talk with Daisy ahead of the actual visit to plan the visit including the topic.*
2. *Once at Daisy's home, to review the five food groups from last time.*
3. *To discuss why fruit is an important part of a healthy diet. To talk with Daisy about what some of her challenges are with adding fruit to her family's diet.*
4. *To review the list and portion sizes of fruit from "Choose My Plate" and to come up with two or three that Daisy would be willing to try.*
5. *To come up with a list of ways to prepare these fruits so that her family would be interested in trying them.*
6. *To look at the Smart and Final weekly flyer to see what fruit is on sale.*
7. *To work with Daisy to create her Action Plan that includes purchasing, preparing and serving the fruit.*

What will visit follow-up be? *To check on how Daisy did with her plan. If she was reasonably successful, to see how she wants to expand her efforts: add veggies? some whole grains? reduce soda?*



Action Plan

DATE: *February 17, 2016*

GOAL: *To add fruit to my family's diet at one meal a day four times in the next week.*

MATERIALS/EQUIPMENT: *Smart and Final weekly flyer; grocery list; preparation ideas; fruit sheet from "Choose my Plate" for portion sizes.*

SUPPORT NEEDED FROM: *Donny, Jr. and Marguerite*

ACTION STEPS:

1. *Look over the Smart and Final sales flyer and the list of preparation ideas. Make a grocery list.*

COMPLETED BY: *Feb. 19, 2016*
(Projected Date)

2. *Grocery shop at Smart and Final.*

COMPLETED BY: *Feb. 19, 2016*
(Projected Date)

3. *Prepare apples and peanut butter for Donny and Marguerite's snack when they get home from school.*

COMPLETED BY: *Feb. 20, 2016*
(Projected Date)

4. *Wash and serve grapes for dessert after dinner.*

COMPLETED BY: *Feb. 21, 2016*
(Projected Date)

5. *Slice up bananas for cereal topping for breakfast.*



COMPLETED BY: *Feb. 22, 2016*
(Projected Date)

6. *Serve applesauce and graham crackers to D. and M.
for after-school snack.*

COMPLETED BY: *Feb. 23, 2016*
(Projected Date)

What Counts as a Cup of Fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. The following specific amounts count as 1 cup of fruit (in some cases, other equivalent amounts are also shown) towards your daily recommended intake:



	Amount that counts as 1 cup of fruit	Other amounts (count as ½ cup of fruit unless noted)
Apple	½ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked	½ cup sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz)
Banana	1 cup sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup diced or melon balls	1 medium wedge (1/8 of a med. melon)
Grapes	1 cup whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections	½ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3-1/16" diameter) 1 cup sections	1 small (2-3/8" diameter)
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 ¾" diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz) drained = 3/8 cup

Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen	1/2 cup whole, halved, or sliced
Watermelon	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots, etc.)	1/2 cup dried fruit is equivalent to 1 cup fruit: 1/2 cup raisins 1/2 cup prunes 1/2 cup dried apricots	1/4 cup dried fruit is equivalent to 1/2 cup fruit 1 small box raisins (1.5 oz)
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup	1/2 cup

Key Consumer Message *Make half your plate fruits and vegetables.*

Tips to Help You Eat Fruits

In General:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the Best Nutritional Value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.



At Meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include orange sections or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing.



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- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
 - Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
 - For dessert, have baked apples, pears, or a fruit salad.
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As Snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top plain fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.



Make Fruit More Appealing:

- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt as a dip for fruits like strawberries or melons.
 - Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
 - Try unsweetened applesauce as a lower calorie substitute for some of the oil when baking cakes.
 - Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
 - For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.
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Fruit Tips for Children:

- Set a good example for children by eating fruit every day with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.
- Look for and choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.



Keep It Safe:

- Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.



Key Consumer Message *Make half your plate fruits and vegetables.*