

## Invest in Healthy Eating: Stock Your Kitchen Wisely

Looking for a smart health investment? Healthy eating pays dividends by helping you look and feel your best. Start with a plan; then stock your kitchen to put it into action.

### Your Investment Strategy

**MyPlate** is a guide to the variety of foods that make up a healthy diet. It suggests how to think about your food choices in a different way to meet your calorie and nutrient needs.

### Choose Your Portfolio

What you eat is important. Food supplies energy (calories) and essential nutrients (carbohydrate, protein, fat, vitamins, minerals and water).

- » *Seek variety.* Different foods and beverages supply different nutrients, in varying amounts. *Examples:* Oranges are rich in vitamin C, but not vitamin A; carrots are rich in vitamin A but not in vitamin C. Milk offers calcium, but not iron; beef offers iron, but not calcium. Bottom line, it's important to eat a variety of foods from all five food groups.
- » *Go for "gold standard" choices.* Select nutrient-rich, lower-calorie foods from each food group. *Example:* For breakfast, opt for whole grain breakfast biscuits with low-fat milk and a banana instead of a frosted doughnut and mocha latte.
- » *Practice moderation.* When eating foods high in sugars and/or fat with few other nutrients, enjoy sensible amounts that fit your calorie goal. *Example:* Order a small ice cream cone



Southwestern Grilled Chicken Salad

at the mall instead of a triple-dipper. Skip the cake after dinner and have fresh fruit.

### Watch Your Balance Sheet

*How much you eat counts, too.* It affects your calorie intake. **MyPlate** can help you find your recommended daily calorie and food group totals.

*Track food deposits.* The amount of a food or beverage you eat or drink is a *portion*. It's important to know how your portions compare to recommended daily food group totals. Managing how much you eat helps you stay at or get to a healthy weight.

*Earn activity credits.* Spend calories with physical activity for valuable health benefits. Move more; burn more calories.

Aim for *at least* 30 minutes of physical activity a day. Get greater rewards by working up to 60 minutes or stepping up the intensity.

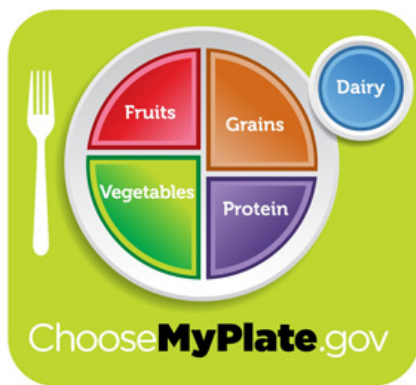
Visit [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov) for more information on making a healthy eating plan, tracking your food intake and being physically active.

### Market-Savvy Stock Tips

Shop wisely to stay on track. Having nutrient-rich foods, basic staples and other flavorful ingredients on hand makes it easier to prepare delicious, nutritious meals and snacks. Try our approach: plan ahead, scan grocery store ads for seasonal produce and specials and make a list that's organized by category (e.g., produce, dairy, meat, pantry, frozen foods). In the store, claims, flags or other symbols on product labels can help you identify foods and beverages that fit "better-for-you" nutrition criteria.

*Buy Food Group Foods:* (Tip: Check out short-cut items, too: single-serve whole-grain crackers or bars, bagged salad, grated carrots, cut-up fruit, shredded cheese, lean deli-style meats [turkey, roast beef], grilled chicken, cooked shrimp, canned beans.)

» *Grain Group:* (Tip: Make half your choices whole-grain foods.) Whole-grain breads, rolls, English muffins, tortillas; ready-to-eat and cooked cereals; crackers; rice; waffles; air-popped popcorn.



Source: US Department of Agriculture

- » *Vegetable and Fruit Groups:* (Tip: Opt for fresh, frozen, dried or canned; keep some choices “ready to eat” in the fridge.) Colorful broccoli, carrots, bell peppers, tomatoes and beets; sweet or white potatoes; salad greens (romaine, spinach, coleslaw blend); frozen vegetable medleys; pasta sauce; tomato soup; onions; oranges, berries, bananas, melons, grapes, peaches, apples, raisins and apricots; 100% fruit or vegetable juices. (Hint: Limit fruit juice to about one cup per day.)
- » *Dairy Group:* (Tip: Use mostly fat-free, low-fat or reduced-fat options.) Milk; yogurt; cheese (cheddar, Swiss, Parmesan, American); cottage cheese; pudding made with milk; calcium-fortified soy milk.
- » *Protein Foods:* (Tip: Try extra lean, lean or low-fat choices.) Beef, lamb, pork; chicken and turkey (remove skin before eating); fish [fresh, frozen, canned (tuna, salmon, sardines)]; eggs, egg whites; soy burgers; beans (black, kidney, pinto); split pea, lentil or bean soup; tofu; nuts, peanut butter.

### Check Your Oil Stock

- » Oils supply essential fatty acids and vitamin E. Make most of your fats the types found in fish, nuts and vegetable oils: oil

(canola, olive, vegetable); vegetable spread with 0 grams trans fat; light mayonnaise; reduced-fat salad dressings.

### Use “Extra” Care

- » “Empty” calories are calories from solid fats and/or added sugars. These add enjoyment to food choices but few or no nutrients. These calories (generally between 100 to 300 daily, if you’ve made low-fat choices) can be spent on foods that contain added fat and/or sugars (e.g., whole milk instead of skim milk, higher fat meats, sauces, butter, chips, sweets.) If you choose to drink alcohol, count these calories as empty calories.
- » *Flavorful ingredients:* (Tip: Add flavor without a big calorie spend.) Salsa; garlic; vinegar; mustard; lower-sodium broths; low-sodium soy sauce; fresh or dried herbs; spices; barbeque sauce.
- » *Treats:* (Tip: Consider “free” “low-” “light” or “lower-” calorie versions of favorites, too.) Ice cream, whipped topping, gelatin desserts, cookies, chips, soft drinks, candy.

.....  
*See how delicious healthy eating tastes when you stock foods wisely. Here’s to a good return on your investment.*  
 .....

## Southwestern Grilled Chicken Salad

Prep: 20 minutes    Total: 20 minutes    Makes: 5 servings.

- 1 bag (12 oz.) salad greens
- 1 lb. boneless skinless chicken breasts, grilled, cut into strips
- 3 medium tomatoes, cut into wedges
- 1/2 cup canned black beans, drained, rinsed
- 1 medium cucumber, peeled, halved lengthwise and cut into thin slices
- 1/4 cup sliced green onions
- 1/2 cup KRAFT Mexican Style 2% Milk Finely Shredded Four Cheese
- 1/2 cup KRAFT Light Ranch Dressing

COVER large serving platter with salad greens.

TOP with chicken, tomatoes, beans, cucumbers and onions; sprinkle with cheese.

SERVE with dressing.

#### Substitute:

Prepare as directed, using KRAFT Light Thousand Island Dressing.

#### Substitute:

Substitute 2 cups grape tomatoes or cherry tomato halves for the tomato wedges.

#### Nutrition Bonus:

Enjoy this quick-and-easy low-calorie low-fat main dish any night of the week!

#### Nutrition Information Per Serving:

240 calories, 8g total fat, 2.5g saturated fat, 65mg cholesterol, 430mg sodium, 16g carbohydrate, 4g dietary fiber, 3g sugars, 25g protein, 35%DV vitamin A, 35%DV vitamin C, 20%DV calcium, 10%DV iron.

**Exchange:** 1 Starch, 1 Vegetable, 3 Meat (L)

Dietary Exchanges based on *Choose Your Foods: Exchange Lists for Diabetes* © 2008 by the American Diabetes Association and the American Dietetic Association.