USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Make half your grains whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into two subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy eating style have a reduced risk of some chronic diseases.

1 Make simple shifts

To make half your grains whole grains, choose 100% whole-wheat bread, bagels, pasta, or tortillas; brown rice; oatmeal; or grits.

2 Whole grains can be healthy snacks

Popcorn is a whole grain. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



3 Save some time

Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.

4 Mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.



5 Try whole-wheat versions

Change up your favorite meal with whole grains. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat noodles in lasagna.

6 Bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in your favorite pancake or waffle recipes. To limit saturated fat and added sugars, top with fruit instead of butter and syrup.

7 Be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.



8 Check the label

Most refined grains are enriched. This means that certain B vitamins and iron are added back after processing. Check the ingredients list to make sure the word “enriched” is included in the grain name.

9 Know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient ***first*** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” or “whole rye.”

10 Be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.



Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov** for more information.

DG TipSheet No. 4
June 2011
Revised October 2016

10 tips
Nutrition Education Series

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.

USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 9
September 2011
USDA is an equal opportunity provider and employer.

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the **Dietary Guidelines for Americans**

Liven up your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

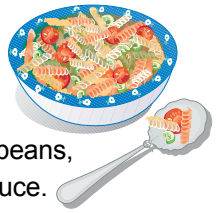
1 Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

2 Take your casserole to the next level

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

3 Planning something Italian?



Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

4 Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

5 Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

6 Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

7 Add them to your sandwiches



Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.

8 Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

9 Make a tasty fruit smoothie



Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.

10 Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

10 tips
Nutrition Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

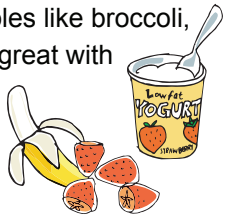
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix



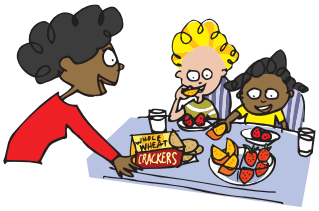
Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



USDA United States Department of Agriculture
Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 11
June 2011
USDA is an equal opportunity provider and employer.

Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



Fruit and Vegetable Goals

Name a fruit you would like to try:

_____

_____

_____

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

_____

_____

_____

Name a vegetable you would like to try:

_____

_____

_____

How will you eat this vegetable? (As a snack, with dip, or for lunch.)

_____

_____

_____

Adapted from
Team Up At Home Team Nutrition Activity Book

USDA ChooseMyPlate.gov