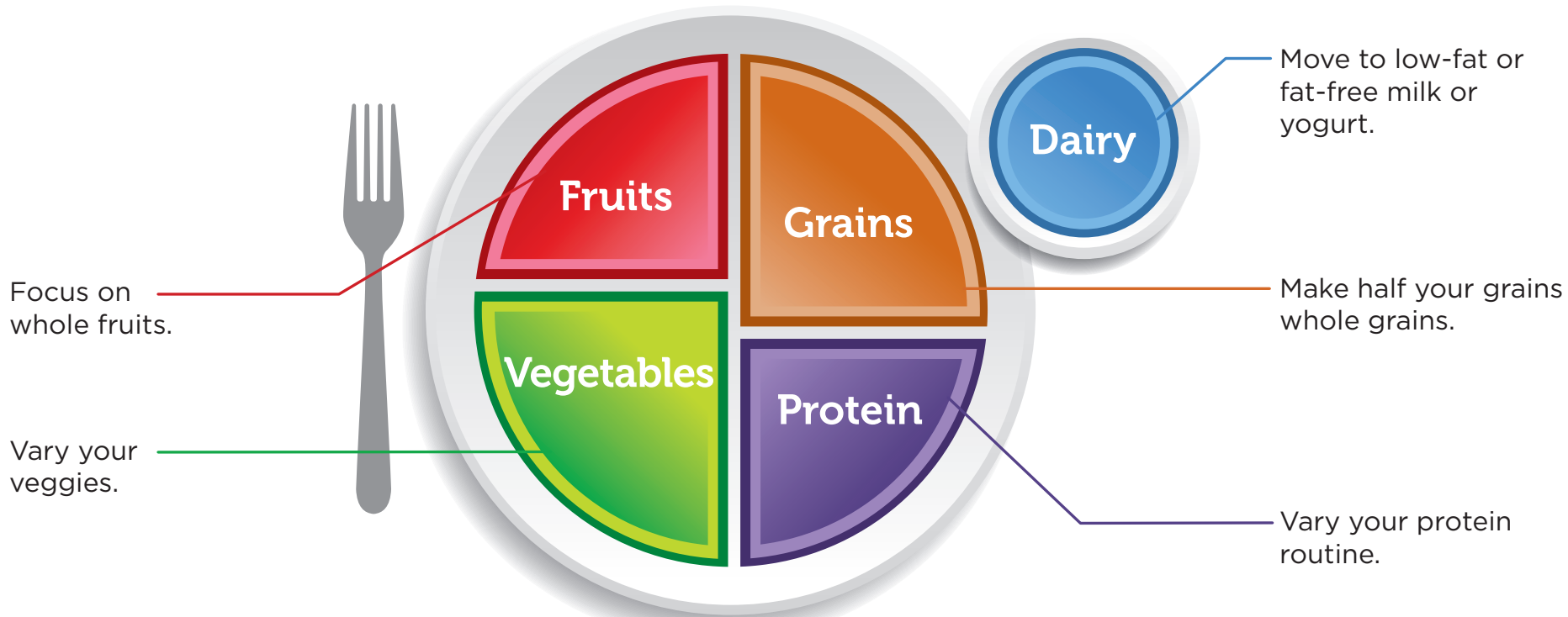


MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Choose **MyPlate.gov**



Limit

Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



MyWins

Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Fruits

Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

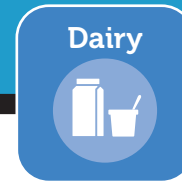
Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



Grains

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”



Dairy

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Protein

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit SuperTracker.usda.gov for a personalized plan.

2 cups

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- ½ cup raisins
- 1 cup 100% grapefruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked grits

3 cups

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

5½ ounces

1 ounce counts as:

- 1 ounce tuna fish
- ¼ cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

Water



Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

Activity

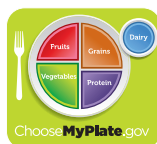


Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week



MyPlate, MyWins

Healthy Eating Solutions for Everyday Life
Choose MyPlate.gov/MyWins

Center for Nutrition Policy and Promotion
May 2016
CNPP-29

USDA is an equal opportunity provider, employer, and lender.

Rainbow Wraps

sandwich 

Directions

Spread each tortilla with $\frac{1}{4}$ cup hummus. Top each tortilla with $\frac{1}{4}$ of the cheese, spinach, pepper, sprouts, cabbage, and carrots. Drizzle with 1-2 Tbsp. Green Goddess dressing. Tightly roll up each wrap. Slice wraps into 1" rounds. Serve with more dressing for dipping.

Ingredients

- 4 (8-10 inch) whole wheat tortillas
- 1 cup hummus
- $\frac{1}{2}$ cup shredded cheddar cheese
- 2 cups baby spinach
- 1 cup red bell pepper, sliced
- 1 cup broccoli or alfalfa sprouts
- 1 cup red cabbage, shredded
- 1 cup carrots, shredded
- $\frac{1}{2}$ - 1 cup Green Goddess dressing

Create a Sandwich/Wrap

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves one adult.

1 Choose one wrap

- 2 slices of whole grain bread
- 1 whole grain bun or roll
- 1 corn or whole wheat tortilla
- ½ whole wheat pita

2 Choose one or more proteins

- Cooked dried beans (pinto, black, chick pea, kidney, etc.)
- Peanut or almond butter
- Hummus
- Refried beans
- Cooked, sliced, or cubed roast, chicken, turkey, or ham
- Sliced, cubed, or shredded cheese
- Hard-boiled or scrambled egg

3 Choose one or more fillings

- | | | | | |
|-----------|-----------------|-------------------|-------------|--|
| • Lettuce | • Green pepper | • Potato | • Grapes | • Honey |
| • Spinach | • Banana pepper | • Avocado | • Pear | • Nuts (walnuts, pecans, almonds, pine nuts) |
| • Tomato | • Celery | • Corn | • Pineapple | |
| • Onion | • Olives | • Shredded carrot | • Jam | |
| • Sprouts | • Pickles | • Apple | • Jelly | |

4 Choose one or more spreads (optional)

- Low-fat mayonnaise, mustard, ketchup, ranch dressing, Italian dressing, hummus, etc.

Directions

Some wraps or sandwiches are better eaten cold and others are better cooked.

For a cold wrap/sandwich: Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

For a cooked wrap: Select foods from each category. Cook filling ingredients in 1 tablespoon water or broth until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

Sandwich/Wrap Recipes

A pantry that is stocked with whole foods will help you create great tasting wraps or sandwiches like these!

HEARTY VEGGIE QUESADILLAS

- ½ cup cooked pinto or black beans
- 1 medium tomato, chopped
- ½ bell pepper, chopped
- 1 green onion, chopped
- 1 carrot, peeled and grated
- 2 (6 inch) whole-wheat flour tortillas
- 2 tablespoons salsa
- Lettuce
- ½ cup of cheddar cheese

Combine beans, tomato, pepper, onion, and carrots in medium bowl. Set aside. Warm skillet over medium heat. Place a tortilla in pan and warm one side, then flip tortilla over. Place half of ingredients from bowl on one side of tortilla and fold tortilla in half over the filling. Cook about 3 minutes or until filling is heated through. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla.

Yield: 2 servings

Use your imagination and add any veggie, bean, or cooked rice that you have on hand to your quesadilla.

CHICKPEA PITAS WITH NUTTY SAUCE

- 2 cans chickpeas, drained and rinsed
- 4 ribs celery, diced
- ¼ cup red onion, finely diced
- 1 teaspoon dried basil
- ¼ cup fresh parsley, chopped
- 1 ripe avocado, diced
- ½ cup walnuts
- ½ cup water
- 1½ teaspoons red wine vinegar
- 2 teaspoons mustard
- ½ teaspoon garlic powder
- Romaine lettuce or fresh spinach
- 3 whole wheat pita pockets, cut in half

In medium bowl, lightly crush chickpeas with vegetable masher. Add celery, onion, basil, parsley, and avocado. Stir to mix well. In blender or food processor, place walnuts, water, vinegar, mustard, and garlic powder. Blend until smooth. Add blender ingredients to chickpea mixture and mix well. Place lettuce or spinach in each pita pocket then add chickpea mixture.

Yield: 6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

Good Foods to Have on Hand

When you have most of these nutritious foods in the house, you will be amazed at what you can create in no time flat!

Grains

- Whole grains - oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn, etc.
- 100% whole-wheat bread, tortillas, bagels, muffins, etc.
- Whole grain crackers
- Rice cakes
- Whole grain cold cereal

Fruits

- Fresh fruits in season - apple, orange, grape, banana, pear, strawberry, blueberry, raspberry, kiwi, melon, peach, plum, pineapple, etc.
- Frozen and/or canned fruit - berry, peach, pear, pineapple, mandarin orange, etc.
- Raisins, other dried fruits
- All fruit jams
- Juice - white and/or purple grape, orange, apple, pineapple, etc.

Vegetables

- Fresh vegetables in season - potato, sweet potato, summer squash, winter squash, broccoli, cauliflower, carrot, celery, bell pepper, green bean, corn, tomato, romaine lettuce, spinach, mushroom, avocado, garlic, onion, etc.
- Frozen and/or canned vegetables - green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
- Vegetable juice

Dairy

- Milk
- Yogurt
- Cottage cheese
- Cheese - Cheddar, mozzarella, swiss, parmesan, etc.

Protein

- Nuts and seeds - dry roasted peanuts, sunflower seeds, almonds, walnuts
- Canned tuna, salmon, chicken, turkey, chili
- Beef
- Chicken
- Fish
- Wild game
- Deli turkey, ham
- Eggs
- Peanut butter
- Canned and/or dried beans - black, pinto, kidney, white, chickpea, etc.

Miscellaneous

- Staples - flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise, etc.
- Salsa
- Chicken/beef/vegetable broths or bouillon
- Canned soups - low-fat, low sodium cream of chicken, mushroom, tomato, etc.
- Herbs/Spices - salt, pepper, basil, oregano, parsley, thyme, rosemary, paprika, cumin, chili powder, cinnamon, nutmeg, vanilla, etc.

Things to Eat from Good Foods to Have on Hand

When you have a well-stocked pantry and fridge you can put these foods together faster and lots cheaper than ordering take-out or going through the drive-thru!

Apple Slices and Peanut Butter

Burrito or Quesadilla

Filled with beans, cheese, veggies, egg, rice, potato, chicken, beef, salsa

Crackers

Topped with cheese, peanut butter, tuna or chicken salad

Green/Pasta/or Potato Salad

Made with fresh or roasted veggies, beans, fruit, raisins, sunflower seeds

Homemade Soup

How about chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone

Oatmeal

With walnuts, raisins, milk

Omelet or Frittata

Filled with eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa

Potato Bar

Made with baked potato, chili, cheese, broccoli, cottage cheese

Sandwiches or Wraps

Filled with turkey or ham with cheese, lettuce and tomato, tuna with celery, diced apple and walnuts, egg salad with lettuce, peanut butter and jelly, grilled cheese

Smoothie

Made with yogurt, milk, fruit, spinach, kale

Stir-fry

Made with chicken, pork, or tofu, lots of veggies, brown rice

Trail Mix

Cereal, sunflower seeds, peanuts, raisins, dried fruits

Whole Grain Pancakes or Waffles

Yogurt

Mixed with cereal, fruit, cottage cheese

*The possibilities are limited only
by your imagination!*



Grocery Shopping Packet

HOW IT WORKS

Grocery shopping can be overwhelming, expensive and wasteful without a plan. This packet includes all the tools you need to have a successful trip to the grocery store. At the beginning of each month, sit down for an hour and plan out every meal you want for the month. This will save you both time and money. When you have a plan, all you have to do is follow it. Rather than trying to come up with something last minute or going out to eat because you couldn't find something to eat, you will be prepared. By planning ahead, you can also find ways to incorporate leftovers or reuse the ingredients that you buy, saving you money. With a little practice you will be excited and motivated rather than dreading those trips to the local market. Here are the steps you need to take:



1 Menu Planning

Plan to spend an hour once a month for menu planning.

You will need:

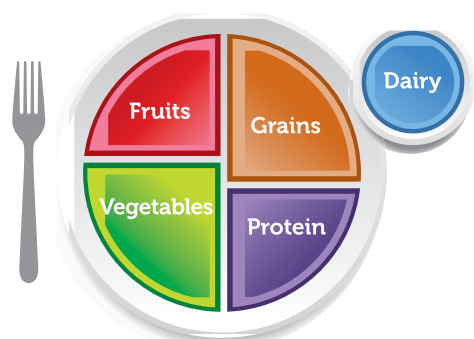
- The meal calendar
- MyPlate diagram
- Local grocery store ads
- Recipes (For well rounded, low cost meals check out:

www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf)

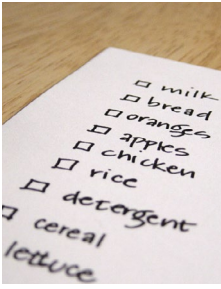
First look at the MyPlate diagram. Every day should include meals that are well rounded and balanced, so keep that in mind when planning each meal. Then look at the store ad. Are there certain food items on sale? By planning meals with ingredients that are on sale, you are going to save money. (For example: You wanted to make a strawberry smoothie but the strawberries are \$4/lb. The mangos, however, are on sale for \$1/lb. All you have to do is adjust the recipe and make a mango smoothie and you just saved a few dollars!)

Go through the whole month and plan each meal, but don't overwhelm yourself with a hundred recipes! Remember you can have the same meal several times throughout the month. (For example, for breakfast you could plan for oatmeal with cinnamon and apples and a glass of milk every other day, leaving only half the month to figure out other breakfast ideas. Or plan to make a full dish of lasagna on Sunday and use the leftovers as a meal for Tuesday.)

After you are done, hang this menu on the fridge so you have your plan available at all times.



Choose **MyPlate.gov**



2 Make the grocery list

This can be done at the same time as the menu planning. While you are choosing each meal, check your fridge and pantry to see if you already have the ingredients. If you don't, simply add them to your list. To keep a healthy plan, try to limit processed foods. If there are any desserts/processed foods you really want, see how hard it would be to just make them by hand. This can save you money, is healthier, and could possibly taste even better than store bought. Keep the list up on the fridge next to your menu so that you can add to it throughout the month when ingredients run out.



3 Start Shopping

Now you are ready for your trip to the store! Make sure you eat a meal before you go so you are not tempted to buy things you didn't plan on. Then grab your list and those store ads and head to the local market. The key thing to remember is to bring your list and stick to it; this will help you save time and money. Grocery shopping can be done as often as you prefer. Grocery shopping about two or three times a month will be most beneficial. Going more than once a month will help spread out federal assistance benefits such as SNAP so you do not run out as quickly and limiting your trips to two or three occasions will prevent you from spending more money than you planned.

You did it! That wasn't so bad was it? It may be a little tricky to get used to, but if you stick to your plan every month you will save time, money, and will be able to provide your family with healthy meals every day. Remember to adapt the meals to what your family really likes. If it's a tradition to eat out, schedule those family outings on the menu. This will allow you to still eat out occasionally, but will prevent last-minute trips to a restaurant because you cannot decide what to make.

MENU PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:
B:	B:	B:	B:	B:	B:	B:
L:	L:	L:	L:	L:	L:	L:
D:	D:	D:	D:	D:	D:	D:

GROCERY LIST OUTLINE

VEGETABLES	FRUITS	GRAINS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
DAIRY	PROTEINS	OTHER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____