

# Eating for Health

My Educators:

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For questions call **(916) 946-1449**  
or visit us at <https://health.ucdavis.edu/health-education/>

# Welcome

Thank you for attending this health education class. As a group, our goal is to help you build knowledge and skills needed to potentially improve your health.

The facilitator will:

- provide scientific evidence-based information.
- create a safe environment appropriate for a healthy exchange of information.
- respect each individual and demonstrate courtesy and understanding.
- respect the group dynamic.
- manage time appropriately.
- guide the discussion and manage the classroom in a manner that allows for optimal learning and engagement.
- make him/herself available for questions after the class.

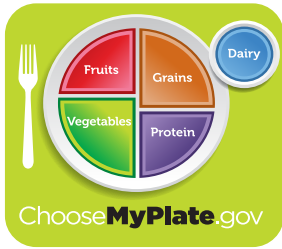
Participants are expected to:

- respect the rights, privacy, and property of other participants and UC Davis personnel.
- respect individuals' opinions.
- reserve judgement of others.
- actively participate as appropriate.
- express themselves with courtesy, dignity and sensitivity.
- keep education commitments and arrive for classes in a timely manner.
- follow UC Davis Health rules and regulations for patient care and conduct, including smoking, cell phone and electrically powered equipment regulations and the visitor policy.

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# Find Your Healthy Eating Style & Maintain It for a Lifetime

**Start with small changes** to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—“MyWins.” Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

**Make half your plate fruits and vegetables: Focus on whole fruits**

- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

**Make half your grains whole grains**

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

**Move to low-fat or fat-free milk or yogurt**

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

**Make half your plate fruits and vegetables: Vary your veggies**

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

**Vary your protein routine**

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

**Drink and eat less sodium, saturated fat, and added sugars**

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.



**Everything you eat and drink matters.** The right mix can help you be healthier now and into the future. Find your MyWins!

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn more.

# Small changes can make a large difference



**All the flavor—with healthy fats, less salt, and less sugar!**

**Check off the tips you will try.**

<b>Pick healthy fats and still keep the flavor</b>	
<b>Let go of the old ways. Instead of ...</b>	<b>Try the new way of eating healthy. ✓ I will ...</b>
Frying in butter, stick margarine, lard, or shortenings	<input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan. Or use vegetable oils like canola, corn, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat	<input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat leaner cuts of ground meat. Look for 99% fat-free ground turkey breast or ground chicken breast.
<b>Lower salt, not taste!</b>	
<b>Instead of ...</b>	<b>Try the new way of eating healthy. ✓ I will ...</b>
Buying already prepared meals and processed meats (such as cold cuts, hot dogs, and rotisserie chicken)	<input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or low-sodium canned vegetables.
Eating frozen or delivery pizza	<input type="checkbox"/> Make veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce.
Choosing regular canned vegetables	<input type="checkbox"/> Buy fresh veggies or frozen vegetables without sauces. Use herbs to add flavor. <input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.”
Adding salt to foods for flavor	<input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice, and vinegar.
<b>Lower sugar, and still satisfy your sweet tooth!</b>	
<b>Instead of ...</b>	<b>Try the new way of eating healthy. ✓ I will ...</b>
Choosing sweet breakfast cereals	<input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<input type="checkbox"/> Eat a piece of fresh fruit—yummy! <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<input type="checkbox"/> Choose canned fruit labeled “packed in natural juice.” <input type="checkbox"/> Choose fresh or frozen fruit.

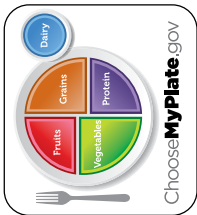
How will you make these small changes?



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United States Department of Agriculture



# MyPlate Daily Checklist

## Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

### Food Group Amounts for 1,800 Calories a Day

 <b>1 1/2 cups</b> Focus on whole fruits that are fresh, frozen, canned, or dried.	 <b>2 1/2 cups</b> Vary your veggies Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	 <b>6 ounces</b> Make half your grains whole grains Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	 <b>5 ounces</b> Vary your protein routine Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	 <b>3 cups</b> Move to low-fat or fat-free milk or yogurt Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.
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Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **20 grams** a day.
- Added sugars to **45 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week. Use **SuperTracker** to create a **personal plan based on your age, sex, height, weight, and physical activity level.**

[SuperTracker.usda.gov](http://SuperTracker.usda.gov)



# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



#### 10 drink water instead of sugary drinks

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

# Tips for Using the Nutrition Facts Label

Here are some tips for reading the label and making smart food choices:

## Check servings and calories.

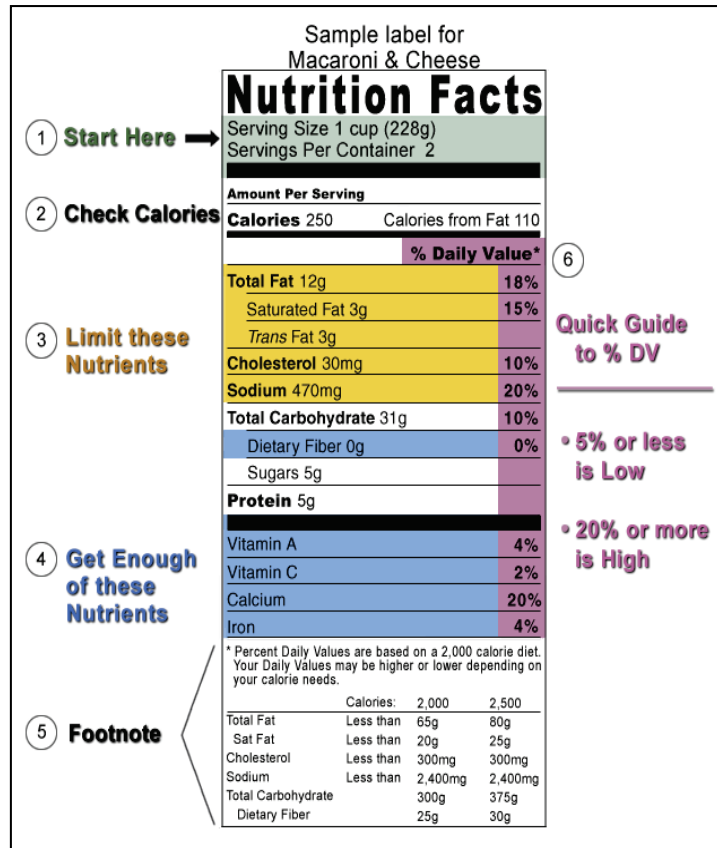
Compare this to how many servings you are actually eating.

**Eat less sugar.** Look for foods and beverages low in added sugars. Names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

**Know your fats.** Look for foods low in saturated and *trans* fats, and cholesterol, to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils.

**Reduce sodium (salt) and increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. If you are age 51 or older, African American, or have hypertension, diabetes, or chronic kidney disease, aim to eat 1,500 milligrams of sodium each day—about ¾ teaspoon.

To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables, and fat-free and low-fat milk products, that are sources of potassium, including sweet potatoes, white potatoes, white beans, plain yogurt, prune juice, and bananas. These can help reduce some of sodium’s effects on blood pressure.



**Sources:** Dietary Guidelines for Americans, *A Healthier You*, Part III.

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

National Heart, Lung, and Blood Institute (NHLBI), *We Can! Energize Our Families—Parent Program: A Leader’s Guide*, pages 114–115.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf>

# Eat Healthy Your Way

## Eating healthy on a budget



Take these three easy steps to pick and prepare healthy foods while minding your wallet! **Check off the tips you will try.**

### Step 1: Plan ahead before you shop

**Rodney:** I plan what I'm going to make for dinner for the whole week. Then I make out my grocery list and never shop hungry. This way I stick to my list and don't buy pricey items on a whim. Since I have all the ingredients for my meals, I'm not tempted to order a pizza or run out for fast food. Eating at home keeps me on budget, and I am eating better too.

**Read the store flier to find out what is on special for the week.**

- Plan your meals around the sale items. Look for lean meats, fat-free and low-fat dairy items, and fresh or frozen fruits and vegetables featured that week.

**Shop with a list.**

- Make a shopping list **before** you go to the store as you plan what meals you'd like to make for the week. Stick to a list and avoid buying items on impulse ... and off your budget.

### Step 2: Shop to get the most value for your money

**Carla:** I buy fresh fruits and vegetables in season and save money this way. If I want berries in winter, I buy the frozen kind. Or, when I see chicken breasts or turkey breasts on sale, I buy several packs and freeze any extras to use later.

**Buy sale items and generic or store brands.**

- Buy items featured in the store flier. Buy store or generic brands, as they often cost less than name brands.

**Choose frozen.**

- Buy frozen vegetables without added sauces or butter. They are as good for you as fresh and can cost far less.

**Buy in bulk, then make your own single-serving packs at home.**

- Mix a big box of whole-grain cereal with raisins and a dash of cinnamon. Put in small baggies for on-the-go snacking.
- Peel and cut up a big bag of carrots. Put in small baggies for lunches or an anytime healthy snack.

(turn over please)



For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

# Small changes can make a large difference

## Step 3: Make cost-cutting meals

**Padma:** Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry. I took last night’s leftover baked chicken and cut it into small pieces. Then I added a can of black beans, a chopped onion, two cloves of garlic, spices, and some chopped tomatoes. I made a low-cost, tasty meal in 15 minutes! And my family got a healthy dinner.

### ❑ Make a second meal or a side dish from leftovers.

Stretch your dollars by adding items you already have on hand to make a second meal or tasty side dish.

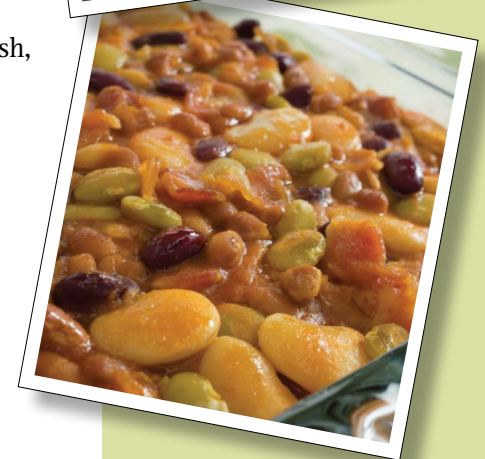
- Use leftover chicken or turkey in casseroles, soups, chili, stir-fries, or tacos.
- Use leftover brown rice in soups and casseroles. For a great side dish, cook brown rice with vegetables and a beaten egg in a pan coated with cooking spray.
- Add leftover cooked or raw vegetables to salads, omelets, or casseroles. Add the leftover veggies to whole-wheat pasta and water-packed tuna for a healthy, low-cost meal.
- Mix leftover fresh or canned fruit (packed in fruit juice) with low-fat plain yogurt or low-fat cottage cheese. Or put the fruit in oatmeal for a “good-for-you” breakfast.

### ❑ Go meatless one or more days a week.

- Replace meat with beans for a less costly way to get lean protein. Beans and brown rice are a nutritious way to stretch a dollar. Add lentils to soups. They are delicious, cook up quickly, and are packed with protein and fiber.
- Make breakfast for dinner! Prepare a vegetable omelet with eggs, spinach, tomatoes, mushrooms, and reduced-fat cheese. Serve with fruit and whole-wheat toast. Your kids will love the “upside-down day” that is budget-friendly for you!

### ❑ Visit the Internet for recipe ideas.

- Look on the Internet for many healthy recipes. Just type the words “healthy meals on a budget” in the search engine. Or visit <http://recipefinder.nal.usda.gov> to get recipe ideas that are easy on the wallet and good for your body.



We hope these budget-stretching ideas will help you as you take steps to eat healthy.

## Eat Healthy Your Way

# Quick, healthy meals and snacks



### Tip:

Make a quick, nutritious meal with whole-wheat pasta, lean meats, and frozen or leftover vegetables.

### Tip:

Keep canned fish on hand for quick meals using healthy fats.

### Tip:

Save time by using a big slow cooker. Get two or three healthy suppers without spending lots of time in the kitchen.

For more information, visit [www.healthfinder.gov](http://www.healthfinder.gov)

Short on time? Try these tips for making good foods . . . fast!

### Speedy suppers

#### Pasta plus . . .

**Greg:** One thing you'll always find in my pantry is a couple of boxes of whole-wheat pasta and cans of no-salt crushed tomatoes. I don't like all the added sugars and salt in some of the store's pasta sauces, so I make up my own sauce. I add dried oregano, basil, chopped onion, and lots of garlic to the tomatoes. I'll even toss in a bag of cooked chicken breast and frozen veggies or leftover vegetables from the night before. My sauce is nutritious and low in fat, salt, and added sugars.

Add a salad, and we have a good meal in less time than it takes to get the kids ready to go to a drive-through. And . . . my sons love this meal.

#### Fish in a flash . . .

**Aponi:** Here's my motto about food—"Make it simple, make it right, and make it quick." I keep cans of salmon and tuna in my cupboard because they have healthy fats. It takes less than 15 minutes to make up salmon or tuna cakes. Just add chopped onion, some whole-wheat bread crumbs, one beaten egg, and some celery seed. Form the patties, and cook in a pan with cooking spray. Cook until the patties are brown and crispy on both sides.

#### Slow cooker to the rescue . . .

**Anh:** Once a week I make big batches of food in my slow cooker. I chop up lots of vegetables—carrots, onions, squash, sweet peppers—anything we have on hand. I put the veggies on the bottom, then place my skinless chicken breasts or lean beef on top.

Then, I add a can of no-salt-added tomatoes, some oregano, and two cloves of garlic. I do other fun things instead of cooking for hours. And, we can get three tasty, healthy suppers in less time than it used to take me to cook one meal!

### So what are you doing for dinner tonight?

Why not try what works for Greg, Aponi, and Anh?



(turn over please)

# Small changes can make a large difference

## Hearty, healthy lunches in a snap

- ❑ **Sandwich lover?** Choose lean protein fillings, such as grilled chicken or tuna. Make nonmeat sandwiches with peanut butter, low-fat cheese, sliced hard-boiled eggs, or fat-free refried beans.
- ❑ **Load your sandwich with veggies.** Along with the standard greens and tomatoes . . . try sliced cucumbers, green peppers, or zucchini strips for added crunch.
- ❑ **Pick whole grains!** Try whole-grain or 100% whole-wheat breads, tortilla wraps, English muffins, and pita pockets instead of white breads or buns.
- ❑ **Green salads, anyone?** Add lean meats along with fruits, beans, and nuts to your green salads. Try dried cranberries, cut-up fruit, kidney beans, walnuts, and almonds.

## On the run? Healthier fast food or drive-through choices

### Skip the meal deals and size upgrades

Calories can really add up when you get the larger size sandwiches, fried foods, and soft drinks.

### Check off what you will try to cut the calories when eating out:

- ❑ Get the regular or child-sized hamburger and load it with lettuce, tomato, and onions.
- ❑ Cut a larger burger or sandwich in half. Eat half now, and refrigerate half for tomorrow's lunch.
- ❑ Get the small size turkey or grilled chicken sub instead of the large one. Load it with veggies—spinach, tomatoes, cucumbers, and onions.
- ❑ Drink water, or low-fat or fat-free milk, instead of whole milk, fruit drinks, or a soft drink.

### Go healthier

- ❑ Order a side salad with low-fat or fat-free dressing instead of fries. Or share an order of small fries with a friend.
- ❑ Use mustard, or low-fat or fat-free mayo, instead of regular mayo.
- ❑ Choose the green beans or raw carrots instead of coleslaw. Order a small baked potato with salsa instead of mashed potatoes and gravy.
- ❑ Order a thin-crust vegetable pizza with a side salad instead of a deep-dish meat or double cheese pizza.
- ❑ Save foods like cakes, pies, and brownies as an occasional treat. Order fruit instead. Or share one dessert.



# GO, SLOW, and WHOA Foods

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator at home, or take it with you to the store when you shop.

**GO foods**—Eat almost anytime.

**SLOW foods**—Eat sometimes or less often.

**WHOA foods**—Eat only once in a while or for special occasions.

Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
<b>Vegetables</b>	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
<b>Fruits</b>	All fresh, frozen, canned in juice	100% fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
<b>Breads and Cereals</b>	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta; French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; calorically sweetened breakfast cereals
<b>Milk and Milk Products</b>	Fat-free or 1% low-fat milk; fat-free or low-fat yogurt; part skim, reduced-fat, and fat-free cheese; low-fat or fat-free cottage cheese	2% low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, or cream cheese; whole-milk yogurt
<b>Meats, Poultry, Fish, Eggs, Beans, and Nuts</b>	Trimmed beef and pork; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, or grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
<b>Sweets and Snacks*</b>		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice-cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheesecake; ice cream; chocolate; candy; chips; buttered microwave popcorn

\* Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited, in order to stay within one's daily calorie needs.

Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
<b>Fats/ Condiments</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil,** olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
<b>Beverages</b>	Water, fat-free milk or 1% low-fat milk; diet soda; unsweetened iced tea or diet iced tea and lemonade	2% low-fat milk; 100% fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100% fruit juice

\*\* Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions to meet daily calorie needs.

How you choose to prepare or order your food when eating out can quickly turn a less healthy food into a healthier option. Choosing baked, broiled, steamed, grilled, and microwaved foods saves you from extra fat and calories. See the examples below on how similar foods can go from a GO to a SLOW or a WHOA food.

	GO (eat almost anytime)	Calories	SLOW (eat sometimes or less often)	Calories	WHOA (eat once in a while)	Calories
<b>Fruit</b>	Apple, 1 medium	72	Baked apple, 1 cup slices, with 1 Tbsp. butter	193	Apple pie, 1/8 of 9-inch pie	296
<b>Bread</b>	1/2 whole-wheat bagel (3 1/2 inch)	91	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. jelly	147	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. butter and jelly	249
<b>Meat</b>	Roasted chicken breast without skin, 1/2 breast	142	Roasted chicken breast with skin, 1/2 breast	193	Fried chicken, 2 drumsticks	386

**Source:** Adapted from National Heart, Lung, and Blood Institute (NHLBI), *We Can! Energize Our Families—Parent Program: A Leader’s Guide*, pages 116–117.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/leadersguide.pdf>



# Weekly Meal Planner

Use this tool to help plan healthier meals for your family. Below are ideas for healthier breakfasts, lunches, and dinners. Use the chart to plan meals for a week. Try to plan one dinner that uses leftovers from the night before and one that is meatless. Once you have the meals planned, write out your grocery list.

## Ideas for Healthy Breakfasts

- 1 cup whole-grain cold or ½ cup whole-grain hot cereal, ½ cup fat-free or low-fat milk, and ½ cup fresh or frozen fruit, such as blueberries, sliced strawberries, or bananas.
- 2 slices whole-grain toast with 2 tablespoons peanut butter, 1 cup low-fat or fat-free yogurt, and ½ cup 100% juice.
- 2 scrambled eggs, 1 slice whole-grain toast, 1 cup fat-free or low-fat milk, and ½ cup sliced strawberries.

## Ideas for Healthy Lunches

- 1 cup garden salad with 1 tablespoon fat-free or low-fat dressing and ½ turkey sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 cup broth or tomato-based soup and ½ lean roast beef sandwich on whole-wheat bread with lettuce, tomato, and mustard.
- 1 slice cheese or vegetable pizza made with low-fat cheese and small garden salad with 1 tablespoon fat-free or low-fat dressing.

## Ideas for Healthy Dinners

- 3 ounces grilled honey mustard chicken, 1 cup green beans, and ½ cup wild rice.
- 3 ounces baked fish with lemon dill dressing, 1 cup herbed pasta, and 1 cup steamed frozen vegetables (such as mixed vegetables).
- 1 cup whole-wheat pasta with ½ cup tomato sauce, ½ cup steamed broccoli, 1 slice whole-grain bread, and ½ cup pineapple slices.

Day	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

# My Shopping List

These are good items to have on hand to make healthy meals and snacks.

## Dairy and Eggs

- Fat-free (skim) or low-fat (1%) milk
- Fat-free, low-fat, or reduced-fat cottage cheese
- Low-fat or reduced-fat cheeses
- Fat-free or low-fat yogurt
- Eggs/egg substitute
- \_\_\_\_\_

## Breads, Muffins, and Rolls

- Whole-wheat bread, bagels, English muffins, tortillas, pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Cereals, Crackers, Rice, Noodles, and Pasta

- Unsweetened cereal, hot or cold
- Rice (brown)
- Pasta (noodles, spaghetti)
- \_\_\_\_\_

## Meat

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Extra-lean ground beef or turkey
- 95% fat-free lunch meats or low-fat deli meats
- \_\_\_\_\_

## Meat Equivalents

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitute (see dairy and eggs list)
- \_\_\_\_\_

## Fruit (Fresh, Canned, Frozen, and Dried)

### Fresh Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Fruit (in juice or water):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Fruit:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dried Fruit:

- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables (Fresh, Canned, and Frozen)

### Fresh Vegetables:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Vegetables (low-sodium or no-salt-added):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen Vegetables (without sauce):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beans and Legumes (If Canned, No Salt Added)

- Dried beans, peas, and lentils (without flavoring packets)

### Canned beans:

- \_\_\_\_\_
- \_\_\_\_\_

## Baking Items

- Nonstick cooking spray
- Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
- Nonfat dry milk powder
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- \_\_\_\_\_

## Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Spices
- Flavored vinegars
- Salsa or picante sauce
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)
- \_\_\_\_\_

## Beverages

- No-calorie drink mixes
- Reduced-calorie juices
- Unsweetened iced tea
- \_\_\_\_\_

## Nuts and Seeds (Unsalted)

- \_\_\_\_\_
- \_\_\_\_\_

## Fats and Oils

- Light margarine
- Mayonnaise, low-fat
- Olive oil
- Canola oil
- \_\_\_\_\_

**Source:** Dietary Guidelines for Americans, *A Healthier You*.  
<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/contents.htm>

# 10 tips

Nutrition  
Education Series

# eating better on a budget



## 10 tips to help you stretch your food dollars

**Get the most for your food budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

### 2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.



### 3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

### 4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### 5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

### 7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### 8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

### 10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

## Recipe Resources

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There are many places to find menu planning tools and free healthy recipes. The internet is a great resource as well as the local library. Below is a website to help you get started.

- Recipe Tools

<https://www.choosemyplate.gov/myplatekitchen>

- videos
- menu planning
- creating a cookbook
- browse recipes

More recipe resources available on resource page at the end of the book.

## Reading a Recipe

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Reading a recipe can be confusing, especially when there is a long list of ingredients or multiple steps involved. Also, there may be lots of cooking terms that are unfamiliar to you. Below are some tips on how to read a recipe:

- Read the recipe through
- Read the recipe a second time taking note of anything that needs extra time
  - Soaking
  - Bringing a product to room temperature
- Pay attention to grammar
  - 1 cup chopped nuts
  - 1 cup nuts, chopped
- Gather supplies and ingredients
- Review the order of the steps and follow them closely
  - i.e. turn on oven before mixing ingredients

# Sample Recipe - Heart Smart Chili

---

## Ingredients

- 1 onion, chopped
- 1 sweet green pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon olive oil
- 1 16-ounce package extra firm tofu, drained and crumbled
- 2 15-ounce cans of beans (kidney, pinto, or black), drained and rinsed
- 1 28-ounce can stewed tomatoes
- 3 medium carrots, peeled and sliced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon hot sauce
- Pepper to taste

NUTRITION INFORMATION (PER SERVING)	
Calories	160
Calories from fat	18
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	410 mg
Total Carbohydrates	26 g
Dietary Fiber	5 g
Protein	11 g

## Preparation

1. In a large pot, sauté the onion, pepper and garlic in the oil over medium heat.
2. Add the tofu and sauté until crisp and lightly browned (about 10 minutes).
3. Add the remaining items and bring to a boil
4. Reduce heat to medium low and simmer for 50 minutes.

Yield: Eight servings

# Cooking Terms

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**Bake:** To cook food in an oven, surrounded with dry heat; called roasting when applied to meat or poultry.

**Baste:** To moisten food for added flavor and to prevent drying out while cooking.

**Beat:** To stir rapidly to make a mixture smooth, using a whisk, spoon, or mixer.

**Blanch:** To cook briefly in boiling water to seal in flavor and color; usually used for vegetables or fruit, to prepare for freezing, and to ease skin removal.

**Blend:** To thoroughly combine 2 or more ingredients, either by hand with a whisk or spoon, or with a mixer.

**Boil:** To cook in bubbling water that has reached 212 degrees F

**Broil:** To cook on a rack or spit under or over direct heat, usually in an oven.

**Brown:** To cook over high heat, usually on top of the stove, to brown food.

**Core:** To remove the seeds or tough woody centers from fruits and vegetables.

**Cream:** To beat ingredients, usually sugar and a fat, until smooth and fluffy.

**Cube:** To cut food into small (about 1/2- inch) cubes.

**Dice:** To cut food into very small (1/8-to 1/4-inch) cubes.

**Dredge:** To cover or coat uncooked food, usually with flour, cornmeal or bread crumbs.

**Fold:** To combine light ingredients such as whipped cream or beaten egg whites with a heavier mixture, using a gentle over-and-under motion, usually with a rubber spatula.

**Grease:** To rub the interior surface of a cooking dish or pan with shortening, oil, or butter to prevent food from sticking to it.

**Marinate:** To soak in a flavored liquid; usually refers to meat, poultry, or fish.

# Cooking Terms

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**Mince:** To cut into tiny pieces, usually with a knife.

**Parboil:** To partially cook by boiling. Usually done to prepare food for final cooking by another method.

**Poach:** To cook gently over very low heat in barely simmering liquid just to cover.

**Purée:** To mash or grind food until completely smooth, usually in a food processor, blender, sieve, or food mill.

**Reduce:** To thicken a liquid and concentrate its flavor by boiling.

**Roast:** To cook a large piece of meat or poultry uncovered with dry heat in an oven.

**Sauté or pan fry:** To cook food in a small amount of fat over relatively high heat.

**Scald:** To heat liquid almost to a boil until bubbles begin to form around the edge.

**Sear:** To brown the surface of meat by quick-cooking over high heat in order to seal in the meat's juices.

**Shred:** To cut food into narrow strips with a knife or a grater.

**Simmer:** To cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid.

**Skim:** To remove surface foam or fat from a liquid.

**Steam:** To cook food on a rack or in a steamer set over boiling or simmering water in a covered pan.

**Stir-fry:** To quickly cook small pieces of food over high heat, stirring constantly.

**Whip:** To beat food with a whisk or mixer to incorporate air and produce volume.

**Whisk:** To beat ingredients (such as heavy or whipping cream, eggs, salad dressings, or sauces) with a fork or whisk to mix, blend, or incorporate air.

**Zest:** The outer, colored part of the peel of citrus fruit.

Source: <http://www.goodhousekeeping.com/food-recipes/cooking/tips/a16958/dictionary-cooking-terms/>



# Safe Food Handling

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## CLEAN

- ◆ Washing hands with soap and warm water before and after handling raw foods is the best way to reduce the spread of germs and prevent food poisoning.
- ◆ Thoroughly wash utensils, cutting boards, and counter tops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Air-dry.
- ◆ Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.

**1 in 6 Americans will get sick from food poisoning this year.  
3,000 Americans will die.**

## SEPARATE

- ⇔ Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- ⇔ Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- ⇔ At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- ⇔ Use a separate cutting board for raw meat, poultry, and seafood.
- ⇔ Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- ⇔ Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

### PASTEURIZED VERSUS RAW

Raw milk and products made from raw milk can have harmful bacteria or other germs that can make you sick. This includes yogurts, cheeses, and ice cream. Pasteurizing is when the milk has been heated briefly to kill the disease-causing germs. Pasteurized milk and products are safer than raw milk and products made from raw milk.

# Safe Food Handling

## COOK

- 🔪 Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- 🔪 The food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle.

SAFE MINIMUM INTERNAL TEMPERATURES AS MEASURED WITH A FOOD THERMOMETER	
Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute “rest time” after removed from the heat source.
Ground meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 °F
Fin fish	145 °F
SAFE COOKING GUIDELINES	
Shrimp, Lobster, Crab	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

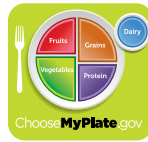
## CHILL

- ✳ The temperature in a refrigerator should be 40 °F or below, and the freezer 0 °F or below.
- ✳ Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90 °F).
- ✳ Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- ✳ Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portion or slices. Place in shallow containers, cover and refrigerate.
- ✳ Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- ✳ When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

Source: Foodsafety.gov



**10 tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary**  
**Guidelines**  
for Americans

# Build a healthy meal

**Each meal is a building block in your healthy eating style.** Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

## 1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



## 2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## 3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



## 4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



## 5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

## 6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

## 7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



## 8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

## 9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

## 10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

# My SMART Plan

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## CHANGING A HEALTH BEHAVIOR CAN BE CHALLENGING

It is common to have good intentions about being healthy without being able to start or stick to a healthy behavior. This does not mean that you do not have willpower. It is more likely that you need a plan you can follow day to day.

## WHAT IS MY SMART PLAN?

My SMART Plan will help you

- Pinpoint specific healthy behaviors that you want to do
- Plan how to add those behaviors into your daily routine
- Identify things that might get in your way
- Figure out ways to get around those things
- Find the support you need
- Track your progress



My SMART Plan  
is a tool to help you  
be successful

# My SMART Plan - Example

The reason I want to change my health behavior is: to prevent health problems when I am older

**Specific** The change I want to make is: (See below for ideas.)

I will \_\_\_\_\_ by \_\_\_\_\_  
(your behavior change) (what you want to do)

Or Pick One of the Following:

I will be **active** by \_\_\_\_\_  
(walking, swimming)

I will change my **eating behavior** by planning my meals every week  
(measuring food, counting carbohydrates, reducing sodium)

I will **check** my \_\_\_\_\_  
(blood pressure, weight, blood sugar)

I will lower my **stress** by \_\_\_\_\_  
(exercising, taking deep breaths, meditating)

I will manage my **medications** by \_\_\_\_\_  
(using a pill box, setting a phone reminder, other)

I will improve my **sleep** by \_\_\_\_\_  
(turning off my phone, set a regular bedtime)

Where? At Home  
(home, work, gym, park, other)

**Measurable** The days and time I will do it are: (Circle the days that apply)

Days: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Time of the day: Before/after breakfast Morning Morning Afternoon Before/after lunch Bedtime Before/after dinner Other \_\_\_\_\_

**Ask for Support** The way I will get support for the help that I need is:

I will use ChooseMyPlate resources for recipes and meal plans.

**Realistic** Is my plan realistic? Yes No

What might get in the way? I may have to work on Saturday

I will get around it by I will plan on Friday evening when I work on Saturdays.

**Trackable** The way I will track my behavior is: (Circle all that apply)

I will keep a diary

I will mark in on my calendar

I will use an app

Other \_\_\_\_\_

**How confident am I that I can do this plan?**



# My SMART Plan

The reason I want to change my health behavior is: \_\_\_\_\_

**Specific** The change I want to make is: (See below for ideas.)

I will \_\_\_\_\_ by \_\_\_\_\_

Or Pick One of the Following

I will be **active** by \_\_\_\_\_

I will change my **eating behavior** by \_\_\_\_\_

I will **check** my \_\_\_\_\_

I will lower my **stress** by \_\_\_\_\_

I will manage my **medications** by \_\_\_\_\_

I will improve my **sleep** by \_\_\_\_\_

Where? \_\_\_\_\_

**Measurable** The days and time I will do it are: (Circle the days that apply)

Days: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Time of the day: Before/after breakfast Morning Afternoon Before/after lunch Bedtime Before/after dinner Other \_\_\_\_\_

**Ask for Support** The way I will get support for the help that I need is:

**Realistic** Is my plan realistic? Yes No

What might get in the way? \_\_\_\_\_

I will get around it by \_\_\_\_\_

**Trackable** The way I will track my behavior is: (Circle all that apply)

I will keep a diary I will mark in on my calendar

I will use an app Other \_\_\_\_\_

**How confident am I that I can do this plan?**



# Recipes

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# Apple Crumble

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Makes 9 servings

## INGREDIENTS

### Crumble Topping

- ¾ cup whole oats
- ¼ cup whole wheat pastry flour  
(or brown rice flour)
- ½ teaspoon ground cinnamon
- ¼ cup maple syrup or agave syrup
- 2 tablespoons neutral oil (canola or  
grapeseed)

### Filling

- 6 medium apples, peeled, cored, and chopped (can substitute pears  
or other favorite fruit)
- ¼ teaspoon ground cinnamon
- 2 tablespoons whole wheat pastry flour (or brown rice flour)
- 2 tablespoons maple syrup or agave syrup

## PREPARATION

1. Preheat oven to 350 °F. Lightly spray 8” square pan with nonstick cooking spray.
2. In a medium bowl, mix together the oats, flour, and cinnamon. Add the syrup and oil and mix well.
3. In a large bowl, add the apples, cinnamon, and flour, mix to coat apples. Add syrup and toss well
4. Place apples in prepared pan, top with crumble mixture and place in oven.
5. Bake 40-45 minutes or until crumble is lightly browned.

NUTRITION INFORMATION (PER SERVING)	
Calories	152
Calories from fat	36
Total Fat	4 g
Sodium	3 mg
Total Carbohydrates	30 g
Added Sugar	9 g
Protein	2 g



# Vegetable Bean Soup

---

Makes 8 servings

## INGREDIENTS

- ½ cup diced onion
- 2 cloves minced garlic
- 1 tablespoon tomato paste
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon salt (optional)
- 3 cups low sodium vegetable broth
- 1 15-oz can low sodium white beans, rinsed and drained
- 1 16-oz bag of frozen mixed vegetables (any combination)

NUTRITION INFORMATION (PER SERVING)	
Calories	110
Calories from fat	0
Total Fat	0 g
Saturated	0 g
Cholesterol	0 g
Sodium	243 mg
Total Carbohydrates	21 g
Dietary Fiber	5 g
Protein	7 g

## PREPARATION

1. Spray nonstick cooking spray in a large saucepan. Add onions and garlic and sauté until soft.
2. Add tomato paste and seasonings and mix well
3. Add vegetable broth, mixed vegetables, and beans and heat through

Variation: puree half of the soup in a blender and add to the remaining soup

# Fish Tacos

---

Makes 8 tacos

## INGREDIENTS

- 1 pound white fish (snapper, mahi mahi, halibut, cod)
- ½ teaspoon paprika
- 2 teaspoons canola oil
- 2 limes
- ¼ cup + 1 tablespoon cilantro, chopped
- 8 corn tortillas
- 1 cup shredded cabbage
- 2 tablespoons apple cider vinegar
- ¼ cup green onion, finely chopped
- 8 teaspoons fresh salsa
- 1 jalapeno, thinly sliced – if desired

NUTRITION INFORMATION (PER TACO)	
Calories	111
Calories from fat	18
Total Fat	2 g
Saturated	0 g
Sodium	199 mg
Total Carbohydrates	14 g
Dietary Fiber	2 g
Protein	10 g

## PREPARATION

1. Place fish on a plate. In a small bowl, mix together half of the paprika, the oil, juice of 1 lime, and ¼ cup of cilantro. Pour mixture over fish and let marinate 10-15 minutes in the refrigerator.
2. In a medium bowl, mix together cabbage, apple cider vinegar, the other half of the paprika and tablespoon of cilantro, set aside.
3. Place fish on a hot grill and cook thoroughly, then remove from heat.
4. Warm tortillas on grill.
5. Cut second lime into 8 wedges
6. Place warm tortillas on a plate, divide fish among tortillas, top with cabbage, green onion, salsa, and jalapeno, if using. Fold in half and serve immediately with lime wedges.

## Resources

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Want more information? Here are some useful resources to learn more about healthy eating and meal planning.

<b>Cookbooks</b>	
<b>Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes by American Heart</b>	<i>American Heart Association</i>
<b>Good and Cheap: Eat Well on \$4/Day</b>	<i>Leanne Brown</i>
<b>Betty Crocker's Quick &amp; Easy Cookbook: 30 minutes or less to dinner every night</b>	<i>Betty Crocker Editions</i>
<b>Cook it Quick</b>	<i>Weight Watchers</i>

<b>Magazines</b>	
<b>Cooking Light</b>	<a href="http://cookinglight.com">cookinglight.com</a>
<b>Eating Well</b>	<a href="http://eatingwell.com">eatingwell.com</a>

<b>Websites</b>	
<b>Good and Cheap: Eat Well on \$4/day by Leanne Brown - Free download</b>	<a href="https://cookbooks.leannebrown.com/good-and-cheap.pdf">https://cookbooks.leannebrown.com/good-and-cheap.pdf</a>
<b>Forks over Knives</b>	<a href="https://www.forksoverknives.com/recipes/">https://www.forksoverknives.com/recipes/</a>
<b>Choose my Plate: Meal planning, recipes, food tracking</b>	<a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>
<b>Healthy Eating tips</b>	<a href="https://www.cdc.gov/healthyweight/healthy_eating/">https://www.cdc.gov/healthyweight/healthy_eating/</a>
<b>Healthy Can be Tasty</b>	<a href="https://www.youtube.com/watch?v=k7-JJZ2jpWE">https://www.youtube.com/watch?v=k7-JJZ2jpWE</a>
<b>Recipes, menu planning, cooking videos</b>	<a href="https://www.whatscooking.fns.usda.gov/">https://www.whatscooking.fns.usda.gov/</a>
<b>“How to” cooking videos, recipes, and more</b>	<a href="https://recipes.heart.org/">https://recipes.heart.org/</a>

## Additional Learning Opportunities

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Classes are available on a variety of health topics. Most classes are free. We offer weekend and evening classes as well. Online classes are also available.

To view our complete class schedule, go to <https://health.ucdavis.edu/health-education/>

### THREE WAYS TO SCHEDULE:

1. Self Schedule on MyUCDavisHealth App
  - Go to Make an Appointment
  - Choose Health and Wellness Classes
2. Call our office to register at **916-946-1449**
3. Email your request to register for a class to **hs-healtheducationclass@ucdavis.edu**

Include in your email:

- First and last name
- Date of birth
- Medical record number (if known)
- Class name
- Class location
- Class date and time

