



Enjoy the Taste While Getting the Most Nutrition from Foods

Taste influences our food choices, but eating nutrient-rich foods from the five MyPlate food groups allows us to gain healthy benefits AND experience great taste! When your daily eating includes vegetables, fruits, whole grains, lean meats, low fat dairy, beans, nuts and seeds (in small amounts), you are able to get nutrients your body needs with fewer amounts of fat, sugar and calories.

Selecting nutrient-rich foods and beverages first, is a way to make better choices throughout the day! Try these ideas:

- Prepare whole-grain, hot cereals like oatmeal with low fat milk instead of water, and add dried fruits like raisins, cherries and blueberries to add more nutrition and great taste!
- Drink skim or 1% milk at meals and snacks, and small amounts (1/2 cup serving) of 100% juice. Choose water as well to hydrate!
- Serve meals that pack nutrient-rich foods into one dish, such as soups with a variety of veggies, beans and lean meats or a casserole with whole grain pasta, veggies, low fat cheese and lean meats.
- For desserts, be creative! Try a new tropical taste by blending mango or papaya, pineapple juice and low fat vanilla yogurt for a refreshing drink. Or stir a small amount of chocolate syrup into a cup of coffee-flavored low fat yogurt, freeze and enjoy!
- When eating out, ask the waiter for healthier entrée choices (lower in fat and calories) or pick salads with grilled chicken or seafood. Ask for baked potatoes and other veggies with condiments on the side to control added fat.

Choose a Challenge goal that offers great taste and healthy benefits!

- Top foods with nuts, seeds, veggies, fruits, and shredded low fat cheese to add flavor and nutrients to dishes.
- Substitute a sugary beverage for skim or 1% milk at meals or snacks.
- Choose fruit-based dessert choices this week.
- Create your own *Challenge* goal. _____

