



COLONIAL NUTRITION NEWSLETTER

Tips from the Food Guide Pyramid...

5 Tips to Healthy Eating From the Food Guide Pyramid

Tip 1: Make half your grains WHOLE Grains
Whole grain foods are food that are from the grain group and contain more nutrients and fiber than non-whole grain foods. Examples of good WHOLE grain choices are...

- Whole wheat breads, rolls, and pastas
- Brown Rice-Oatmeal -Popcorn
- Whole grain cereals



Tip 4: Get your Calcium-rich dairy items a FEW times a day!

Choose **LOW-Fat** or **FAT-FREE** when having milk, yogurt, and other milk products.

If you are unable to eat dairy products, choose other calcium sources such as fortified foods and beverages (orange juice and soy or rice milk) as not many other foods provide the amount of calcium you need in a day like dairy products.

A Few good sources of Calcium in regular foods:
Collard Greens, Turnip Greens, Kale, Soybeans, Salmon & Tofu.

Lesser amounts of Calcium in:
Almonds, Broccoli, & Chick peas



Tip 2: Vary your Veggies

Good GREENS

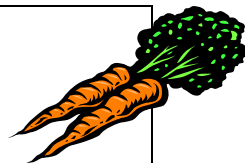
Broccoli, Spinach, other Leafy Greens

Outstanding ORANGE

Carrots, Sweet Potatoes, Oranges

Radical REDS

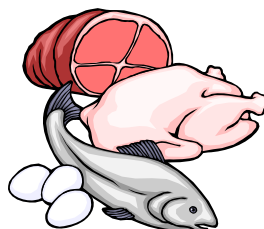
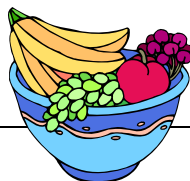
Tomatoes, Red Peppers, Red Skin Potatoes



Tip 3: Focus on Fruits

Eat a variety of fruits **EVERYDAY!**

Choose a *variety of colors* for the best benefits and limit fruit juice to 1 small glass per day.



Tip 5: Go LEAN with protein

- Choose low-fat or lean meats and poultry:
Chicken, Turkey, Fish, or lean cuts of Meat and Pork

- Bake, Broil or Grill meats to remove excess fat instead of frying which adds fat to the meat

- Other high protein meat alternatives:
Beans*, Peas*, Nuts, and Seeds

*Good choices as they are very low in fat!