

# Appendix A: Ideas for Healthy Food Choices

Make gradual changes to your diet. Eating healthfully requires making overall smart food selections throughout your life. Choosing a food that is less nutritious every once in awhile does not mean your diet is bad; just make those foods the exception in your diet, not the rule.

**Table A-1. Healthier Food Selections**

|                               | <b>Try:</b>                                                                      | <b>In place of:</b>                           |
|-------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------|
| <b>Grains</b>                 | Whole grains and pastas, and brown rice.                                         | Bleached, white, or processed varieties.      |
|                               | Cooking pastas and rice in broths.                                               | Cooking pastas and rice in water with butter. |
| <b>Vegetables/<br/>Fruits</b> | Low-fat or non-fat salad dressings or vinaigrette on salads.                     | Creamy salad dressings.                       |
|                               | Vegetables marinated in herbs and lemon or lime juice.                           | Adding butter to vegetables.                  |
| <b>Meats</b>                  | Canadian bacon or ham.                                                           | Bacon.                                        |
|                               | Ground turkey, extra-lean ground beef, or Lean, trimmed red meats.               | Ground beef.                                  |
|                               | 2 egg whites.                                                                    | 1 whole egg.                                  |
|                               | Poultry or fish.                                                                 | Marbled red meats.                            |
|                               | Steaming, Broiling, Baking, or Grilling.                                         | Frying.                                       |
| <b>Dairy</b>                  | Low-fat or non-fat sour cream, cottage cheese (whipped until smooth), or yogurt. | Sour cream.                                   |
|                               | Skim milk.                                                                       | Whole milk or nondairy creamer.               |
|                               | Low-fat cheeses.                                                                 | Cheese.                                       |

**Table A-1. Healthier Food Selections**

|             | <b>Try:</b>                        | <b>In place of:</b>                     |
|-------------|------------------------------------|-----------------------------------------|
| <b>Fats</b> | Applesauce for baking.             | Oil (1:1 substitution).                 |
|             | Wine or broth-based sauces.        | Cream and butter sauces.                |
|             | Canola, olive, and safflower oils. | Animal fats, coconut oil, and palm oil. |
|             | Cocoa.                             | Chocolate.                              |
|             | Spray butter or margarine.         | Butter.                                 |

## 5-A-Day Challenge

Some ideas to help you increase the number of fruits and vegetables you eat each day to meet the 5-A-Day challenge are: (see [Table 3-1](#) for serving sizes.)

- ◆ Eat fruit or drink fruit juice at breakfast.
- ◆ Snack on fruits and vegetables (especially bite-sized portions such as baby carrots or dried fruits) throughout the day.
- ◆ Include one or more side servings of vegetables at lunch and dinner.
- ◆ Eat at least one **Vitamin A-rich fruit or vegetable** - good food sources include apricot, cantaloupe, carrot, mango, papaya, pumpkin, spinach, sweet potato, romaine lettuce, mustard greens, winter squash, kale, and collards.
- ◆ Eat at least one **Vitamin C-rich fruit and vegetable** - good food sources include orange, grapefruit, kiwi, apricot, pineapple, cantaloupe, strawberry, tomato, mango, plum, broccoli, cauliflower, brussel sprouts, peppers, collards.
- ◆ Eat at least one **Fiber-rich fruit and vegetable** - good food sources include apple, banana, berries, figs, prunes, cherry, kiwi, orange, date, pear, cooked beans (kidney, lima, pinto, black, lentils), black-eyed peas, peas, carrot, potato, and corn.
- ◆ Eat at least one **Cruciferous vegetable** (from cabbage family) - examples include broccoli, cauliflower, brussel sprouts, bok choy, red and green cabbage, kale, and turnip.

Remember: 5 fruits and vegetables a day is the minimum - more is better!



## Worksheet A-1. Nutrition Tracking Guide

|             |                                                   | Date: _____       | Date: _____       | Date: _____       | Date: _____       |
|-------------|---------------------------------------------------|-------------------|-------------------|-------------------|-------------------|
| Food Groups | <b>Grains &amp; Cereals</b><br>6-11 servings      |                   |                   |                   |                   |
|             | <b>Fruit</b><br>2-4 servings                      |                   |                   |                   |                   |
|             | <b>Vegetable</b><br>3-5 servings                  |                   |                   |                   |                   |
|             | <b>Meat &amp; Meat Substitute</b><br>2-3 servings |                   |                   |                   |                   |
|             | <b>Dairy</b><br>2-3 servings                      |                   |                   |                   |                   |
|             | <b>Fats, Oils, &amp; Sweets</b>                   | <br>Use Sparingly | <br>Use Sparingly | <br>Use Sparingly | <br>Use Sparingly |

Note: See [Chapter 3](#) for recommended number of servings and serving sizes. Check off the number of servings you eat each day from each of the food groups. 1 circle = 1 serving.