

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

	Try:	In place of:
Grains	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.
Vegetables/ Fruits	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.
Meats	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.
Dairy	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

	Try:	In place of:
Fats	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	Grains & Cereals 6-11 servings				
	Fruit 2-4 servings				
	Vegetable 3-5 servings				
	Meat & Meat Substitute 2-3 servings				
	Dairy 2-3 servings				
	Fats, Oils, & Sweets				

Note: See [Chapter 3](#) for recommended number of servings and serving sizes. For a particular day, check off the number of servings you ate from each of the food groups. 1 circle = 1 serving.