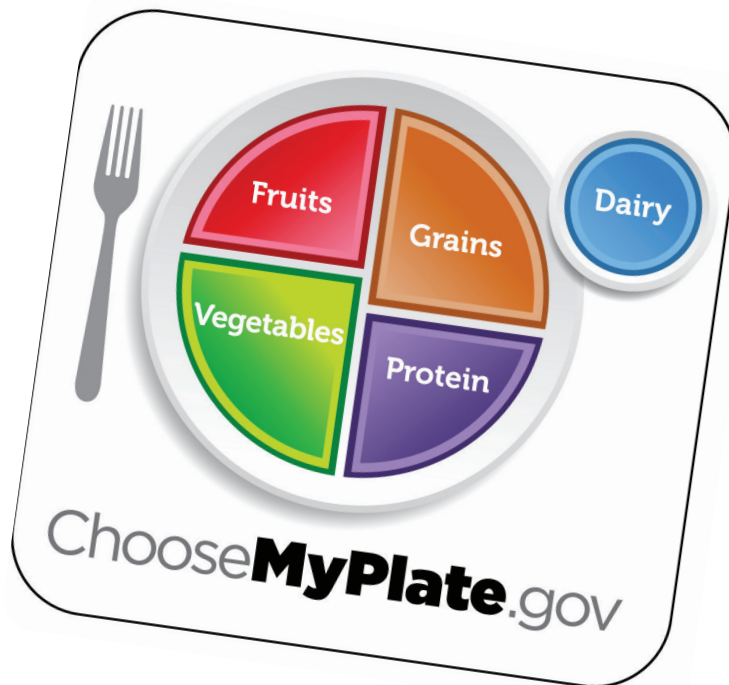


MyPlate – Foods for Life

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Shop Smart for Fruits and Veggies

Want to know an easy tip for spending less on fresh fruits and vegetables AND getting better flavor?

Buy fruits and vegetables that are **in season!** An in-season fruit or veggie is one that's currently being harvested – it's going from the farm to the market in abundance. This saves you money because there is a lot available. And, as an added bonus, in-season produce is the best tasting!

For handy lists of what's in season, check out: <http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>

What's on your plate?

MyPlate is an illustration developed by the United States Department of Agriculture (USDA) to represent the five food groups for a healthy diet in terms of a place setting. The five food groups are: **fruits**, **vegetables**, **grains**, **protein**, and **dairy**.

Oils are not considered a food group, however are still important as they provide essential nutrients to the body.

Water is also not included as a food group, but proper hydration is very important for overall health.

Turn the page to learn more about the MyPlate food groups!

Did you know?

Meatless meals can be delicious and healthy! Challenge yourself to Meatless Monday with our recipe for Black Bean and Veggie Tostada Ole on page 2!



Focus on Fruits and Veggies

Half your plate, all your color!

The **fruit** group includes any **fresh, canned, frozen, or dried** fruit, and **100% fruit juice**. Fruits are sources of many essential nutrients, including **potassium, dietary fiber, vitamin C, and folate**.

The vegetable group includes any **fresh, canned, frozen, or dried, or dehydrated** vegetables, and **100% vegetable juice**. Vegetables are naturally low in calories and fat, and provide important sources of many nutrients. Some of these nutrients include **potassium, dietary fiber, vitamin C, vitamin A, and folate**.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may **reduce risk for heart disease and type 2 diabetes, protect against some cancers, and lower blood pressure**.

Try this recipe for Black Bean and Veggie Tostada Olé

Ingredients:

- 1 tablespoon canola oil, separated
- ¼ cup yellow onion, medium chopped
- 1 cup red bell peppers, medium chopped
- 1 cup kernel corn, canned, frozen, or fresh
- 1 cup zucchini, medium chopped
- 1 cup yellow squash, medium chopped
- 1 clove garlic, finely chopped
- 15 ounce can refried black beans
- Queso fresco or feta cheese (optional)
- Corn tostadas (1 for each person)

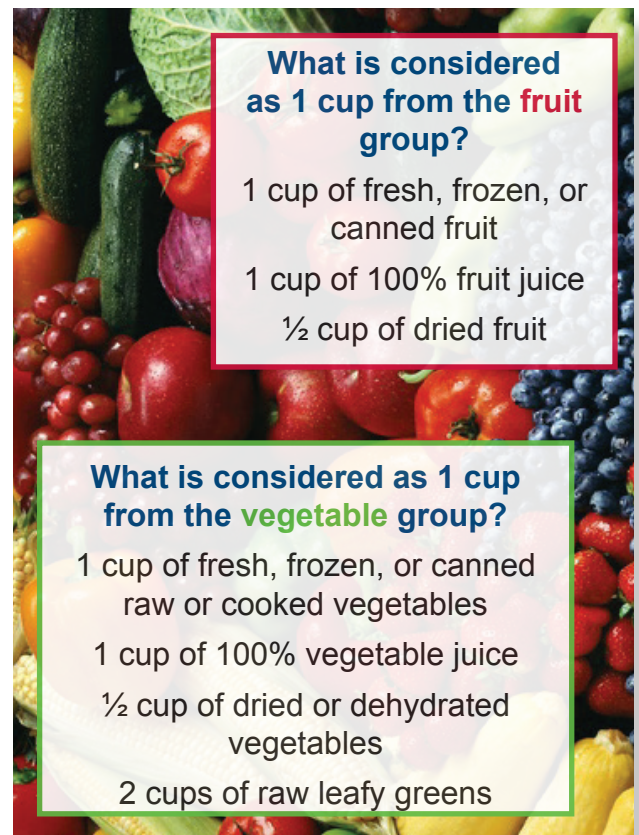
Salsa:

- 2 cloves garlic, finely chopped
- 4 medium tomatoes, roughly chopped
- 1 medium yellow onion, medium chopped
- 1 bunch cilantro, roughly chopped

Directions:

1. Heat 2 teaspoons canola oil in medium skillet over medium heat. Add onion, bell peppers, corn, zucchini, and yellow squash. Cook, stirring occasionally, until vegetables are softened, about 6 minutes.
2. Heat 1 teaspoon canola oil in medium skillet and then add garlic and cook for 30 seconds. Add can of refried black beans. Mix beans and garlic together until garlic is well incorporated and heat until the mixture is hot. Set aside.
3. For salsa: place ingredients in food processor or blender and blend until smooth.
4. Spread a thin layer of the bean and garlic mixture on top of a tostada. Add a spoonful of the cooked vegetables. Top with salsa and queso fresco or feta (if using).

Recipe courtesy of Cooking Up Healthy Choices. For more information about this curriculum, please visit: <http://cns.ucdavis.edu/programs/shcp/cooking.html>

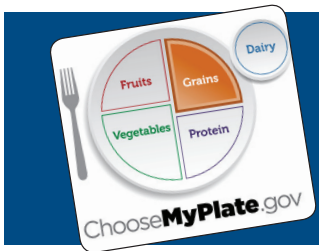


What is considered as 1 cup from the **fruit** group?

- 1 cup of fresh, frozen, or canned fruit
- 1 cup of 100% fruit juice
- ½ cup of dried fruit

What is considered as 1 cup from the **vegetable** group?

- 1 cup of fresh, frozen, or canned raw or cooked vegetables
- 1 cup of 100% vegetable juice
- ½ cup of dried or dehydrated vegetables
- 2 cups of raw leafy greens



Whole Grains

Whole Lot of Nutrients

The **grains** group includes any food made from **wheat, rice, oats, cornmeal, barley**, or another **cereal grain**. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. Nutrients found in grains include **fiber**, **B-vitamins**, and **minerals** such as **iron**. Consuming whole grains as part of a healthy diet may **reduce the risk of heart disease**, **reduce constipation**, and **help with weight management**.

There are two subgroups of grains: **whole grains** and **refined grains**.

Whole Grains

These contain all parts of the grain: bran, germ, and endosperm

Examples include:

Whole Wheat Flour

Quinoa

Oatmeal

Whole Cornmeal

Brown Rice

Refined Grains

These have been milled, which removes the bran and germ. Only the endosperm is left.

Most refined grains are enriched. This means that certain B-vitamins and iron are added back after the milling process. Fiber is not added back to enriched grains.

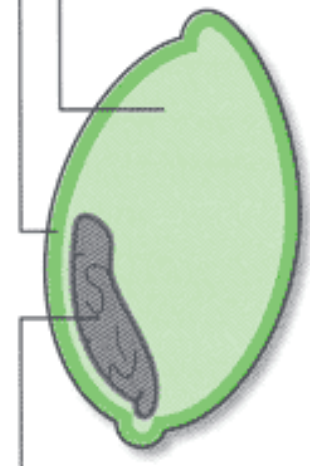
Whole grain kernel

Bran

"Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

What is considered as 1 cup from the grains group?

1 slice of bread

1 cup of ready-to-eat cereal

½ cup of cooked rice, pasta, or cereal

1 small flour or corn tortilla

Did you know?

Labels on the front of packaging can be misleading.

Check for known whole grains or the word "Whole" when looking at the ingredients.

Make Half Your Grains Whole!

Try some of these delicious alternatives to refined grains.



Brown Rice



Whole Grain Bread



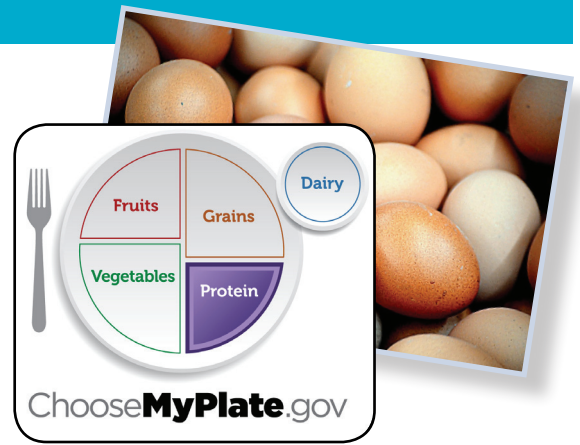
Oatmeal



Protein Foods

More Than Just Meat

The **protein foods** group includes all foods made from **meat, poultry, seafood**, as well as **beans and peas, eggs, processed soy products, nuts**, and **seeds**. Protein foods provide many nutrients including **protein, B-vitamins, vitamin E, iron, zinc**, and **magnesium**. MyPlate recommends selecting lean protein that is low in fat and saturated fat. There are a lot of great protein options that contain no meat. **Beans** are chock full of nutrients like **fiber, potassium**, and **folate**, which aren't found in meat.



Examples of Lean Protein

- | | |
|------------------------|------------------|
| Egg Whites | Shellfish |
| Meatless Burgers | Beans and Peas |
| Poultry (without skin) | Tofu |
| | Fish (not fried) |

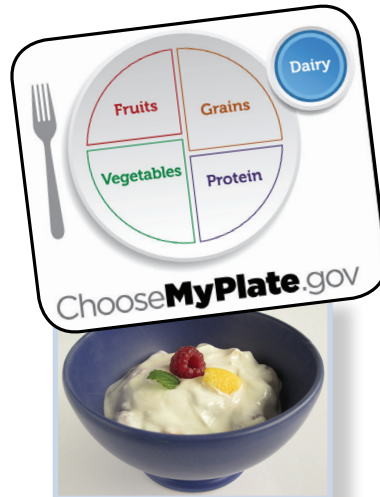


What is considered as 1 ounce equivalent from the protein foods group?

- 1 ounce of meat, poultry, or fish
- ¼ cup of cooked beans
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

What is considered as 1 cup from the dairy foods group?

- 1 cup of milk, yogurt, or soymilk
- 1½ ounces of natural cheese
- 2 ounces of processed cheese



Dairy

Something for Everyone

The **dairy** group includes all **fluid milk products** and **many foods made from milk**. MyPlate recommends switching dairy products to fat-free or low-fat (1% milk) options. Nutrients found in dairy products include **calcium, potassium**, and **vitamin D**. Consumption of dairy products may **improve bone health, lower blood pressure**, and **reduce the risk of osteoporosis**, heart disease, and type 2 diabetes.

What is Lactose Intolerance Anyway?

Lactose intolerance is an impaired ability to digest lactose, a sugar found in milk and other dairy products. Many adults with lactose intolerance are still able to digest some lactose. While digesting fresh milk may be difficult, some people can still safely eat certain dairy products like **cheese** and **yogurt**, which **contain less lactose**.

For those who can't have dairy at all, try calcium-rich alternatives, like soy milk.



Test your knowledge! Take our whole grain quiz!

Can you figure out if a food is whole grain just by looking at the name?

1. Brown rice
 - b. Whole grain
 - c. Not whole grain
 - d. Could be either
2. Wheat bread
 - a. Whole grain
 - b. Not whole grain
 - c. Could be either
3. Oatmeal
 - a. Whole grain
 - b. Not whole grain
 - c. Could be either
4. Popcorn
 - a. Whole grain
 - b. Not whole grain
 - c. Could be either
5. Shredded Wheat Cereal
 - a. Whole grain
 - b. Not whole grain
 - c. Could be either
6. Bran Muffin
 - a. Whole grain
 - b. Not whole grain
 - c. Could be either



The Results are In!

If you got all six right:

You are a whole grain guru! You know which grains are whole and which are not. Keep getting out there and learning more!

If you got three to five right:

You're on the right track! Try finding the information you missed in other pages of this newsletter to become a whole grain master!

If you got two or less right:

It just means you have more opportunities to learn. Read through the newsletter again, or try contacting your local Cooperative Extension office to get reliable nutrition information. Find your Cooperative Extension office at http://ucanr.edu/County_Offices/

Check your answers at the bottom of the page!

1. a; 2. c; 3. a; 4. a; 5. a; 6. b