

SMART about Healthy Eating

S- Start to learn more about whole grains

Whole grains: **3 servings daily**

- Examples of whole grains and the amount in one serving include:

1/3 cup cooked brown rice or quinoa	1/2 cup cooked oatmeal
1 slice of whole grain or whole wheat bread	1/3 cup whole wheat pasta
1/2 whole wheat roll or English muffin	3 cups popcorn

- Choose products that have the word “whole” listed first in the ingredient list. The following foods are whole grains even though they do not have the word “whole”. Do you like any of these: brown rice, quinoa, oatmeal, popcorn, and the ancient grains? While these are whole grains, they too, must be listed first on the ingredient list to know this food is providing a significant serving or part of a serving of whole grains.

M- Modify what you eat now to include healthier options

- Replace products with refined grains such as, white bread, white rice, or white pasta with brown or wild rice, whole wheat bread or whole wheat pasta
- Replace cereals made with refined grains with whole grain and/or high fiber cereals that are low in sugar (4-6 grams of added sugar or less per serving).
- Replace fruit and vegetable juice with the actual fruit or vegetable. For example, instead of drinking orange juice eat an orange.

A- Add fruits and vegetables to your meals and snacks

Fruits and vegetables: **5 or more servings daily**

- Add berries to your whole grain cereal (hot or cold)
- Fill 1/2 your plate with non-starchy vegetables (see list on back)
- Enjoy meatless meal options, such as:
 - Minestrone soup with whole wheat pasta, beans and veggies
 - Veggie stir fry with edamame or tofu, serve over whole grain rice or quinoa
 - Egg beaters omelet with veggies and low/non fat cheese
- Have fruit for dessert or a healthy snack such as nonfat yogurt with fruit or your favorite veggies with hummus.

R- Remember FIBER!

Fiber keeps us feeling full longer, promotes healthy elimination, lowers cholesterol and promotes healthy blood sugar levels. Include fruit, vegetables, whole grains, beans, seeds and nuts to achieve your balanced eating plan today.

T- Take the time to complete the SMART START activity on the next page

Smart start to Healthy Eating: Whole Grains, Fruits, and Vegetables

See what whole grains, fruits and vegetables you already include in your daily eating and choose options you could add to increase your daily intake.

1. Start where you are...put a check by whole grain foods you are eating now

- Whole grain hot cereals such as oatmeal, Grapenuts, whole grain cream of wheat
- Whole grain cold cereals such as Cheerios, Shredded wheat and Bran flakes
- Whole grain bread, pita, wraps, pasta, crackers
- Whole grains cooked such as brown rice, wild rice, quinoa, corn, popcorn and wheat berries

2. Start where you are...put a check by fruits you eat now

- | | | | | | |
|---------------------------------------|--------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Guava* | <input type="checkbox"/> Mango | <input type="checkbox"/> Peaches | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Cherries | <input type="checkbox"/> Honeydew | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pears* | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Bananas* | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Kiwis | <input type="checkbox"/> Oranges | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Dates, figs | <input type="checkbox"/> Kumquats | <input type="checkbox"/> Tangerines | <input type="checkbox"/> Plantains* | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Muskmelon | <input type="checkbox"/> Papaya* | <input type="checkbox"/> Plums | <input type="checkbox"/> Watermelon |

* indicates more starchy fruits which have more calories than other fruits

3. Start where you are...put a check by vegetables you like

Non-starchy veggie options (1/2 cup cooked or 1 cup raw = ~**25 calories**)

- | | | | | |
|------------------------------------|--------------------------------------|---|-------------------------------------|--|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Carrots | <input type="checkbox"/> Green beans | <input type="checkbox"/> Turnip | <input type="checkbox"/> Bean sprouts |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mustard greens | <input type="checkbox"/> Radishes | <input type="checkbox"/> Brussel sprouts |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce (Boston, romaine, mescaline) | <input type="checkbox"/> Spinach | <input type="checkbox"/> Water chestnuts |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onion (red, white, Vidalia, scallions) | <input type="checkbox"/> Mushrooms | |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Collards | <input type="checkbox"/> Peppers (red, green, yellow, orange) | <input type="checkbox"/> Tomatoes | |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Summer squash | <input type="checkbox"/> Watercress | |

Starchy veggie options (1/2 cup cooked = ~**80 calories**)

- | | |
|---|--|
| <input type="checkbox"/> Lima beans | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Dried beans (black, kidney, fava, navy, red, white) | <input type="checkbox"/> 1 cup winter squash (acorn, butternut or pumpkin) |
| <input type="checkbox"/> black-eyed peas, chickpeas, lentils, split peas, edamame, green soybeans | <input type="checkbox"/> 1/4 large yam, white or sweet potato (boil, bake or mash) |

*Please note that the more popular fruits and veggies are listed. Ask staff if you would like more information about any fruits or veggies that are not listed here.

How many servings per day of whole grains are you currently eating? _____

How many servings of fruits per day are you currently eating? _____

How many servings of vegetables per day are you currently eating? _____