

plan TO BUILD A HEALTHY PLATE

FRUITS

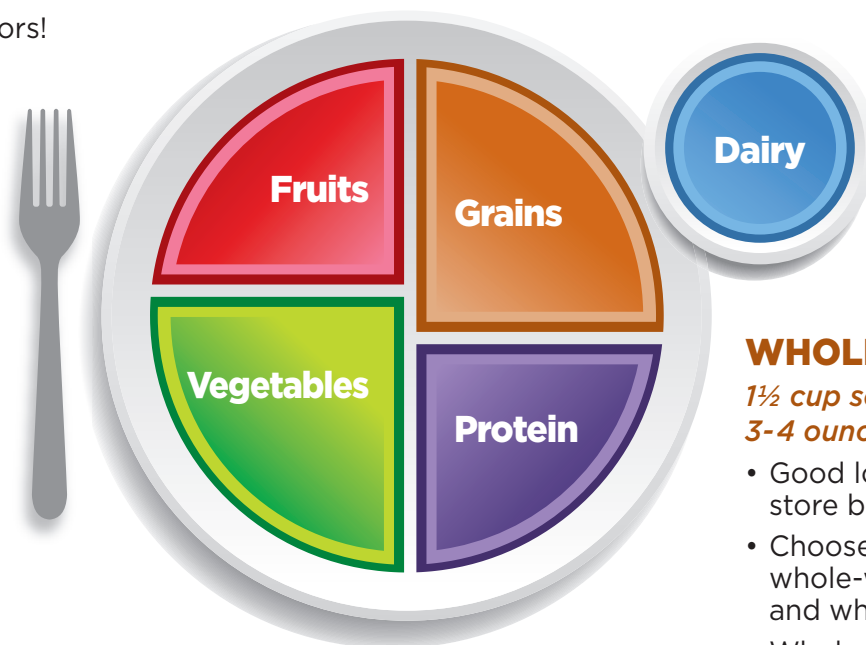
$\frac{2}{3}$ cup serving
2-3 cups/day

- Good low cost items: apples, bananas.
- Choose fresh, canned (in water or 100% juice), frozen, dried (no added sugars), or 100% fruit juice.
- Keep a bowl of fruit on the table.
- Eat all different colors!

VEGETABLES

1 cup serving
2 cups/day

- Good low cost items: carrots, greens, potatoes.
- Choose raw, cooked, frozen, dried (no added sauce or seasoning), or canned (labeled "reduced sodium," "low sodium," or "no salt added").
- Eat cut-up vegetables as an afternoon snack.



DAIRY

1-2 servings/day

- Good low cost items: eggs, blocks of cheese.
- Choose low-fat dairy products. Limit sugary drinks.
- Tip: almonds and dark greens are also a good source of calcium.

WHOLE GRAINS

$1\frac{1}{2}$ cup serving
3-4 ounces/day

- Good low cost items: store brands.
- Choose brown rice, whole-wheat bread, and whole-grain pasta.
- Whole Grain = first ingredient.

PROTEIN

$\frac{3}{4}$ cup serving
5-6 ounces/day

- Good low cost items: beans (garbanzo, black, pinto).
- Choose lean white meat chicken or low-fat fish, like tuna in water. Limit red meats, bacon, and deli meats.
- Choose skinless chicken breasts and turkey cutlets.
- Choose unsalted nuts, seeds, eggs, and beans.

FOOD SAFETY TIPS:

- Dents can be OK in canned goods.
- Make sure dents are not on seam of the can.
- Purchase cans that are not leaking, rusted, foamy, foul smelling, or extremely swollen.
- Wipe the top of the can before opening.

purchase COMPARE THE NUTRITION FACTS

1 Start Here →

2 Check Calories

4 Limit these Nutrients

5 Get Enough of these Nutrients

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving Size 1 cup (228g) | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

3 Check Daily Value

% Daily Value Quick Guide:

- 5% or less is **LOW**
- 20% or more is **HIGH**

- 1 Note the size of one serving and how many servings are in the package.
- 2 Check the total calories in one serving. If you double the servings you eat, double the calories.
- 3 The % Daily Value tells you if a serving of food is high or low in a nutrient:
 - 5% or less = LOW.
 - 20% or more = HIGH.
- 4 Replace bad fats with good fats and limit salt and cholesterol.
 - Good fat = Unsaturated Fat.
 - Bad fat = Saturated Fat and Trans Fat. Limit to no more than 16 grams of Saturated Fat and less than 2 grams of Trans Fat.
 - Consume less than 2300 mg of salt/day and less than 300 mg of cholesterol/day.
- 5 Get 100% of fiber, vitamins, and other nutrients every day!

prepare COOKING TIPS

- Use healthy cooking methods to cut calories!
 - Baking
 - Braising
 - Broiling and grilling
 - Roasting
 - Sautéing
 - Steaming
 - Stir-frying
- Add herbs and spices in place of salt to boost flavor.
- Cook with healthy oils, such as olive oil or canola oil.
- Rinse canned food with water 3 times to reduce sodium. Most sodium comes from processing.
- Freeze canned food, then scrape off the top layer of fat.
- Refrigerate items like fruit, bread, and leftovers. They will last longer!



Please refer to your physician or healthcare provider with any health-related concerns, including changing your diet. The information in this brochure should never replace your doctor's advice or care.



STRETCH YOUR FOOD DOLLAR



plan

- **Include meals that will stretch food purchases**, such as stews, casseroles, and stir-fries.
- **Make a grocery list.** Look to see what foods you have in your pantry.
- **Check for sales and coupons.**



purchase

- **Shop when you are not hungry or rushed.**
- **Shop on the outer aisles** of the grocery store.
- **Compare the "Nutrition Facts."**
- **Find and compare unit prices.** Located on the shelf directly below the product.
- **Store brands = SAVINGS!**
- **Include affordable fruits and vegetables**
 - Try canned or frozen.
 - Buy in season.
 - Choose whole, not pre-cut or pre-washed.



prepare

- **Cook once** - eat all week!
- **Convenience foods cost more.** Take time to prepare your own.
- **Save!** When bulk items are on sale, buy and freeze the leftovers. Incorporate leftovers into another meal.
- **Add leftover vegetables** to a casserole or blend overripe fruits for smoothies.



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SECOND HARVEST FOOD BANK
OF NORTHWEST NORTH CAROLINA



how to

EAT BETTER FOR LESS

