

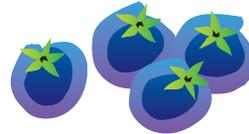
Nutrient-Rich Foods Navigation: Enjoying Nutrient-Rich Foods First

Eating the nutrient-rich way means getting the most vitamins, minerals and other nutrients – but not too many calories – from foods. Below is an assortment of quick, easy and tasty tips to boost the nutrient richness of meals and snacks at home and on the go.

Get your quota of nutrient-rich foods first.

Nutrient-rich foods offer the most nutrients with the fewest calories from extra fats and sugars. Build a daily eating plan on a variety of nutrient-rich foods first:

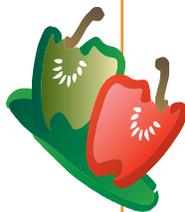
- Brightly colored fruits and 100% fruit juices
- Vibrant-colored vegetables
- Whole, fortified and fiber-rich grain foods
- Fat-free and lowfat milk, cheese and yogurt
- Lean meats, skinless poultry, fish, eggs, beans and nuts



Shop the perimeter of the grocery store to enjoy these nutrient-rich foods first and “get more nutrition from your calories” as recommended in *MyPyramid*.

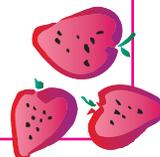
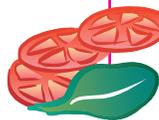
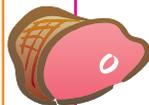
Eye-Opening Breakfast Ideas

- **Whole Grain Goodness:**
When making pancakes, waffles and muffins, sneak in some whole grains by replacing one-half of the white flour with whole wheat flour. Grains provide fiber and important minerals such as iron, magnesium and selenium.
- **South of the Border Wake Up:**
For a breakfast-style burrito – and a protein and fiber boost – fold eggs, beans, shredded lowfat cheese, lean ground beef and vegetables into a whole wheat tortilla.
- **Veggie Vita-Boost:**
For a veggie breakfast hash, sauté shredded carrots, zucchini, peppers, onions and uncooked hash browns in canola oil until tender. Mix in one egg and cook until egg is thickened and no visible liquid egg remains.
- **Power Pop-Up:**
Toast a 4-inch whole grain toaster waffle and top with 1 cup lowfat or fat-free yogurt and 1/2 cup mixed berries.



Lunchtime Tips

- **The Comfort Zone:**
Prepare condensed tomato soup with fat-free milk instead of water to add calcium, protein and vitamin D.
- **Bistro Bite:**
Make sandwiches on fiber-rich bread such as whole wheat or whole rye. Add creamy avocado slices, which contain healthy oils, folate, potassium and vitamin E. Choose sandwich fillings such as lean deli meats.
- **The Popeye:**
Top a lean roast beef sandwich with tomatoes and fresh spinach. The heme iron in the beef and the vitamin C in the tomatoes help absorb the nonheme iron in the spinach.
- **Pita and Peanut Butter Surprise:**
Spread 1 tablespoon peanut butter inside a 4-inch whole wheat pita pocket and stuff with 1/2 cup sliced strawberries. Serve with 1 cup fat-free milk.



Dinner Delights

- **Stir Crazy:**
Savor a stir-fry made with lean beef or pork strips, shredded cabbage and crunchy water chestnuts. Lean meats provide essential nutrients like protein, zinc, iron, and vitamins B₆ and B₁₂. Serve over enriched white rice for even more B vitamins and iron.
- **Not Your Mama's Mac 'n Cheese:**
Try whole wheat macaroni in macaroni and cheese – a tasty way to enjoy a whole grain food and calcium-rich dairy. Include chopped spinach or broccoli for an extra nutrient-rich punch!
- **Viva Las Veggies:**
Add chopped tomatoes, mushrooms, cucumber or eggplant to soup, chili, pasta sauce, lasagna, meatloaf, casseroles, quick breads and muffins to add nutrients and fiber.
- **Good-for-You Grill:**
For a sizzling salad, grill steak with a variety of veggies such as Portobello mushrooms, zucchini, colorful peppers, sweet potatoes and onions. Slice and place atop colorful salad greens.



Nutrient-Rich Foods Navigation: Enjoying Nutrient-Rich Foods First

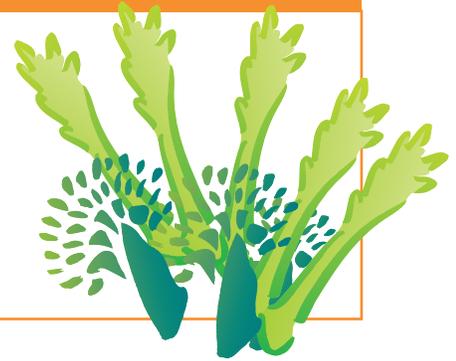
On the Go

Fast Snacks on the Home Front

- Lean roast beef, ham or turkey rolled up in a whole wheat tortilla plus a handful of cherry tomatoes
- A scoop of lowfat or fat-free cottage cheese with sliced strawberries or cantaloupe cubes
- "Trail mix" made with bite-size shredded wheat squares, sunflower seeds and dried blueberries

Quick Picks from the Vending Machine or Convenience Store

- Packages of baby carrots, broccoli florets or celery sticks
- Protein-packed beef jerky
- Mozzarella cheese sticks
- Cereal bars or nutrition bars



Nutrient-Rich Eating Away From Home

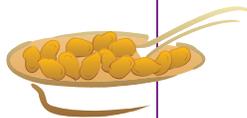
At the Fast Food Place...

- Small burgers or grilled chicken sandwiches topped with lettuce, tomato and onion (hold the mayo or special sauce).
- Thin-crust pizzas made with part-skim mozzarella, tomatoes, spinach, mushrooms and onions.
- Yogurt parfaits made with strawberries and blueberries.



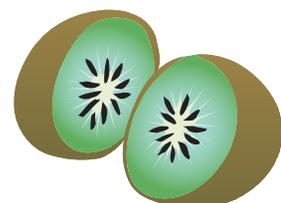
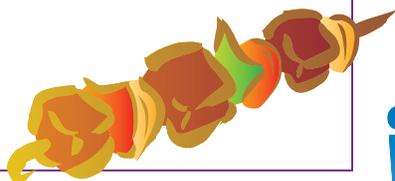
In the Office Cafeteria...

- Oatmeal, shredded wheat or raisin bran cereal.
- Lean roast beef, ham or turkey sandwich piled high with veggies on whole grain bread. Add zing, but almost no calories, with horseradish or spicy mustard.
- Steamed veggies sprinkled with lowfat shredded cheese or sliced almonds.



When Dining Out...

- Salads made with deep greens such as spinach, arugula and romaine lettuce.
- Baked potatoes topped with salsa or grilled veggies.
- Kabobs with chunks of lean beef, pork or skinless chicken breast and zucchini, tomato, peppers and pineapple.
- Sweet endings such as fruit cups, berries, melon slices, fruit sorbet or biscotti.



Make Your Entire Grilled Meal Nutrient-Rich



- Use lowfat yogurt and ginger as marinades for your lean meats and vegetables.
- Add bell peppers to the grill for more flavor and added vitamins A and C.
- Use well-trimmed, lean cuts of meat, such as flank steak or sirloin steak.
- For a fiber-rich diet, add nutrient-rich sides such as quinoa, pinto beans, kidney beans and lentils.
- Grill pineapple, peaches and apricots topped with cinnamon for a delicious grilled dessert.

