

SECTION 4: HELPFUL HINTS AND RESOURCES

"5 A Day" Recipes

One of the most important, yet most often neglected aspects of healthy eating is the issue of eating enough greens. Not only are they generally low in fat, but they also contain important nutrients that help prevent cancer and other diseases. To make this easier, there is the "5 A Day" program, which is designed to help people add more fruits and vegetables to their diet. What follows are a few recipes from their website, <http://www.5aday.gov>.

Asian Salad

Preparation Time: 15 Minutes

Makes: 4 servings

You will need:

- 2-1/2 cups cooked chicken, cut into bite size pieces
- 1 (10 oz.) bag shredded cabbage
- 1 cup sliced mushrooms
- 2 carrots, shredded
- 2 Tbsp. chopped cilantro
- 1 cucumber, thinly sliced
- 3 green onions, thinly sliced
- 1 tangerine, divided into sections
- 1/2 cup non-fat Asian or Oriental style salad dressing
- Black pepper

Directions:

In a large bowl, combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections.

Nutrition Information Per Serving: 220 Calories, 7 g Fat (2 g Saturated Fat), 70 mg Cholesterol, 367 mg Sodium, 16 g Carbohydrate, 27 g Protein.

Each serving of this Official 5 A Day recipe provides 1-1/2 fruit/vegetable servings toward your 5 A Day goal.

Tropical Blueberry Smoothie

Preparation time: 10 Minutes

Makes: 3 Servings

You will need:

- 1 can (8 oz.) crushed pineapple, drained
- 1 ripe banana, sliced
- 1 cup milk
- 1 cup fresh or frozen blueberries

Directions:

Combine pineapple, banana, milk, and blueberries in blender. Cover; blend until thick and smooth. Serve immediately. Garnish with banana, strawberry, and mint kabob if desired.

Nutrition Information Per Serving: 139 Calories, 2 g Fat (1 g Saturated Fat), 6 mg Cholesterol, 43 mg Sodium, 29 g Carbohydrate, 4 g Protein.

Each serving of this official 5 A Day recipe provides 1 fruit serving toward your 5 A Day goal.

Watermelon Blueberry Banana Split

Preparation Time: 10 Minutes

Makes: 4 Servings

You will need:

- 2 large bananas
- 8 "scoops" watermelon
- 2 cups fresh blueberries
- 1/2 cup vanilla low-fat yogurt
- 1/4 cup crunchy cereal nuggets

Directions:

Using an ice cream scoop, create balls of watermelon. Remove seeds if needed. Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each Serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with the blueberries. Stir yogurt until smooth, spoon over the watermelon "scoops". Sprinkle with cereal nuggets.

Nutrition Information Per Serving: 186 Calories, 1 g Fat, 1 mg Cholesterol, 66 mg Sodium, 44 g Carbohydrate, 4 g Protein.

Each serving of this official 5 A Day recipe provides 2 fruit servings toward your 5 A Day goal.

My Plate

Back in the day, a 'food pyramid' was used to illustrate the concept of a balanced diet. However, as knowledge progresses, so too must our teaching methods. With that in mind, there is the new guide: My Plate. You might see it on the back of many current food products, placed alongside the "Nutrition Facts" Label.



The general idea behind it is to track what percentages of your diet belong to which category. To go along with this illustration, there is a tool you can access to determine if your diet is properly balanced.

- To access these tools, use the 'choose my plate' link listed below. Once you are on the website, click the link that reads "Super Tracker". It should be located in the top left of your browser's display window.
- You may also be interested in the "Healthy Eating on a Budget" link to learn more about how to eat properly without spending a king's ransom.

Additional Recipe Guides

Here is a list of tools and resources for healthy and delicious food planning, provided by the North Bingham County District Library:

- (From the library website) "Food on the Table is revolutionizing the way families shop and cook by using next generation technology to take the stress out of every day dinnertime. The web and mobile service takes a

family's preferences and the sales at local grocery stores to create a customized meal plan and grocery list". Link to their website:

<http://www.foodonthetable.com>

- <http://thepioneerwoman.com/cooking/>
- <http://www.readyseteat.com/easy-recipes-for-dinner.do>
- <http://www.ro-tel.com/ Tomato-Recipes.jsp>
- <http://www.tasteofhome.com/>

<http://palmerpletsch.com/thefoodnannyrescuesdinner.htm>

Additional Material

Naturally, the information provided in this guide is but a starting point that is designed to get you headed in the right direction. We encourage you to learn more about proper nutrition as you refine and expand upon your meal plan. Here are some additional websites that have tools, recipes, and other resources you can try:

- <http://www.idahofoodbank.org>
- <http://www.pittsburghfoodbank.org/recipe database>
- http://www.uaex.edu/Other_Areas/publications/PDF/FSHED-86.pdf
- <http://www.diabetes.org>
- <http://www.lillydiabetes.com>
- <http://www.diabeticlivingonline.com/diabetic-recipes>
- <http://www.eatright.org>
- <http://www.choosemyplate.gov>

Note: If you do not have access to the internet at home, here are places you can go to use the internet:

- Shelley Public Library
- Senior Citizens Center
- Shelley Foodbank

