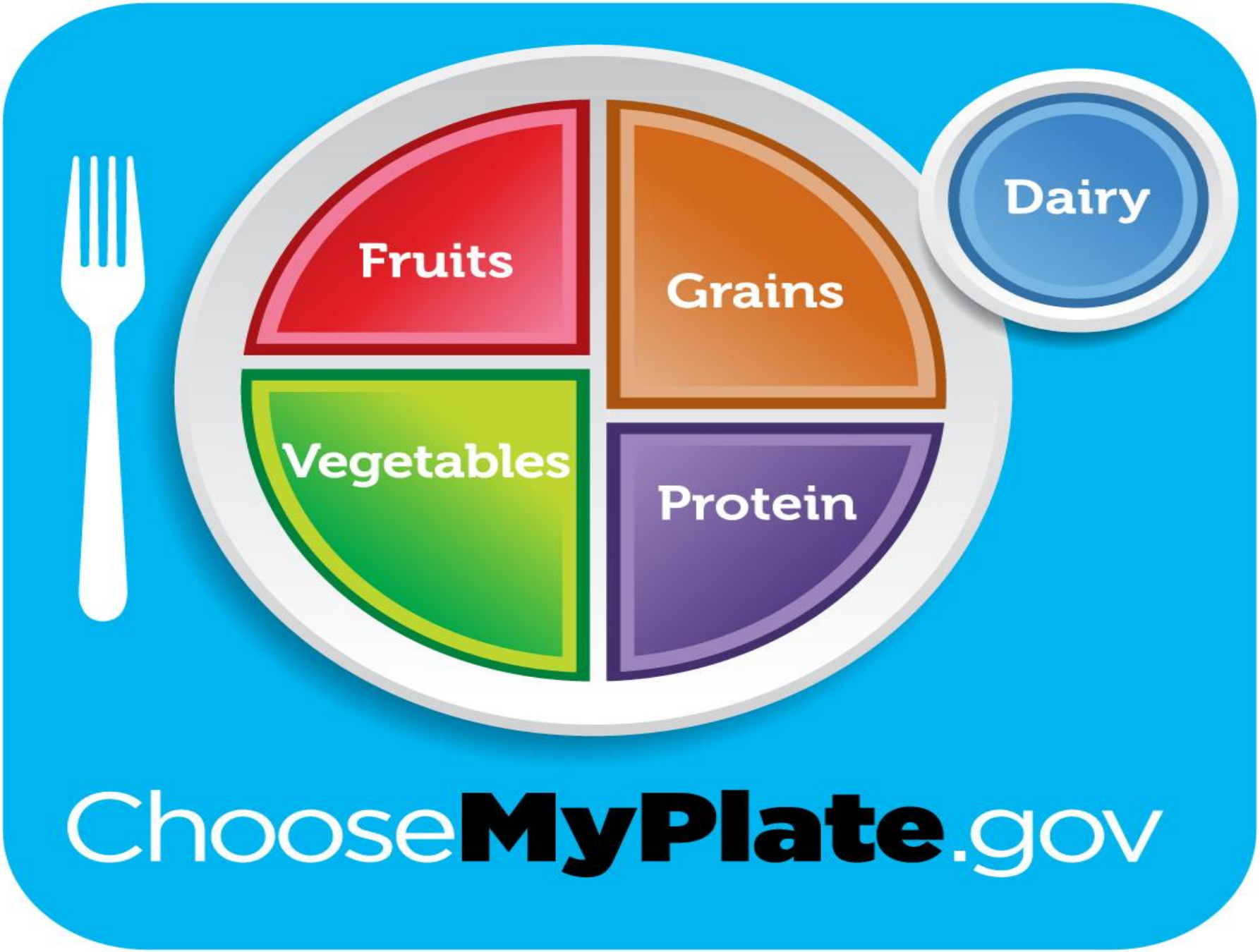
Spread the Health

Nutrition Training for Pantries and Meal Sites


Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

Fruits and Veggies

- Can be fresh, frozen, or canned
  - In season produce can be cheaper, many Farmer's Markets accept SNAP, and some have incentives
  - HIP
  - Road-side stands take cash only, but can be cheaper
  - SNAP recipients can use benefits to buy seeds and plants
- If using canned, encourage clients to drain and rinse contents to cut back on added salt and sugar
- Vegetables can easily be added to common dishes to increase nutrition

Whole Grains

- 50% of daily grains should be whole
- 1st ingredient whole grain
- Other examples:
  - Corn meal
  - Popcorn
  - Oats
  - Brown rice
  - Barley

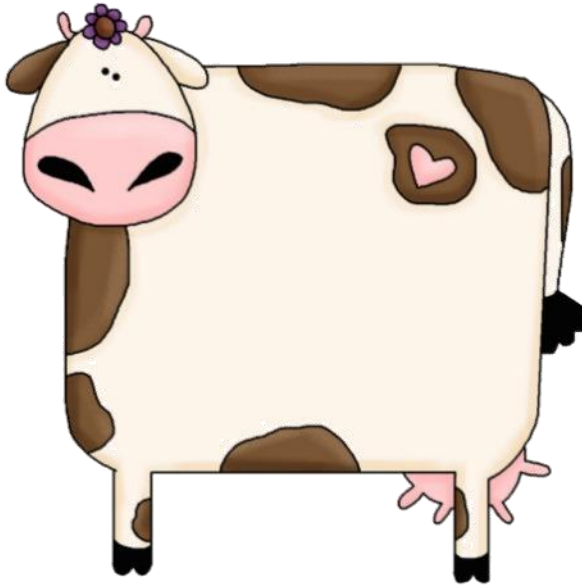
Close

INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, WHEAT STARCH, FERROUS SULFATE (IRON), THIAMINE HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, SUGAR, WHEAT GLUTEN, YEAST, WHEAT BRAN, MOLASSES, SALT, WHOLE GRAIN OATMEAL, SOYBEAN OIL, RYE FLOUR, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, VINEGAR, BARLEY FLAKES, SWEET DAIRY WHEY, CALCIUM CARBONATE, CALCIUM PROPIONATE (A PERSERVATIVE), CALCIUM SULFATE, TRICALCIUM PHOSPHATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, SOY LECITHIN.

Contains wheat, milk and soy ingredients.

Protein

- Most Americans get plenty of protein, but spread it out over the day for best outcomes
  - Encourage protein at breakfast: eggs, nuts, nut butters, cheese, yogurt, cottage cheese



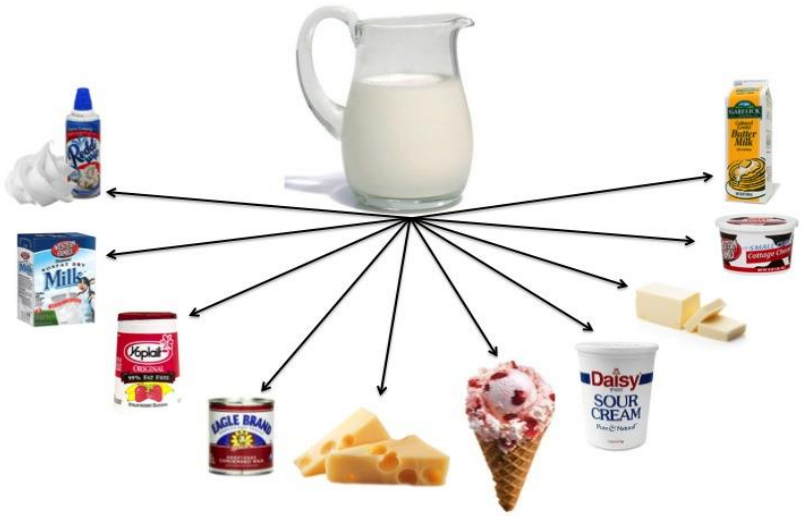
- Some sources are healthier than others
  - Nuts and seeds contain a high amount of fat, but it's a healthier fat than is found in some meat or processed sources of protein

Protein

- Non-meat protein sources are lower in saturated fat
  - Beans
  - Soy Products (e.g. Tofu)
  - Eggs
- Chicken, tuna, and salmon come canned and are great low-fat, economical protein sources
- Encourage clients to cut back on meat:
  - Meatless Monday Campaign is worldwide!
  - Breakfast for dinner
  - Sustainability factor- be green!
  - Eat meat, but less of it

Dairy

- Any product made from milk is considered a dairy product
- Contains vitamins and minerals that are needed for growth and bone health
  - E.g. Calcium & Vitamin D
- Dairy should be low in fat or have no fat

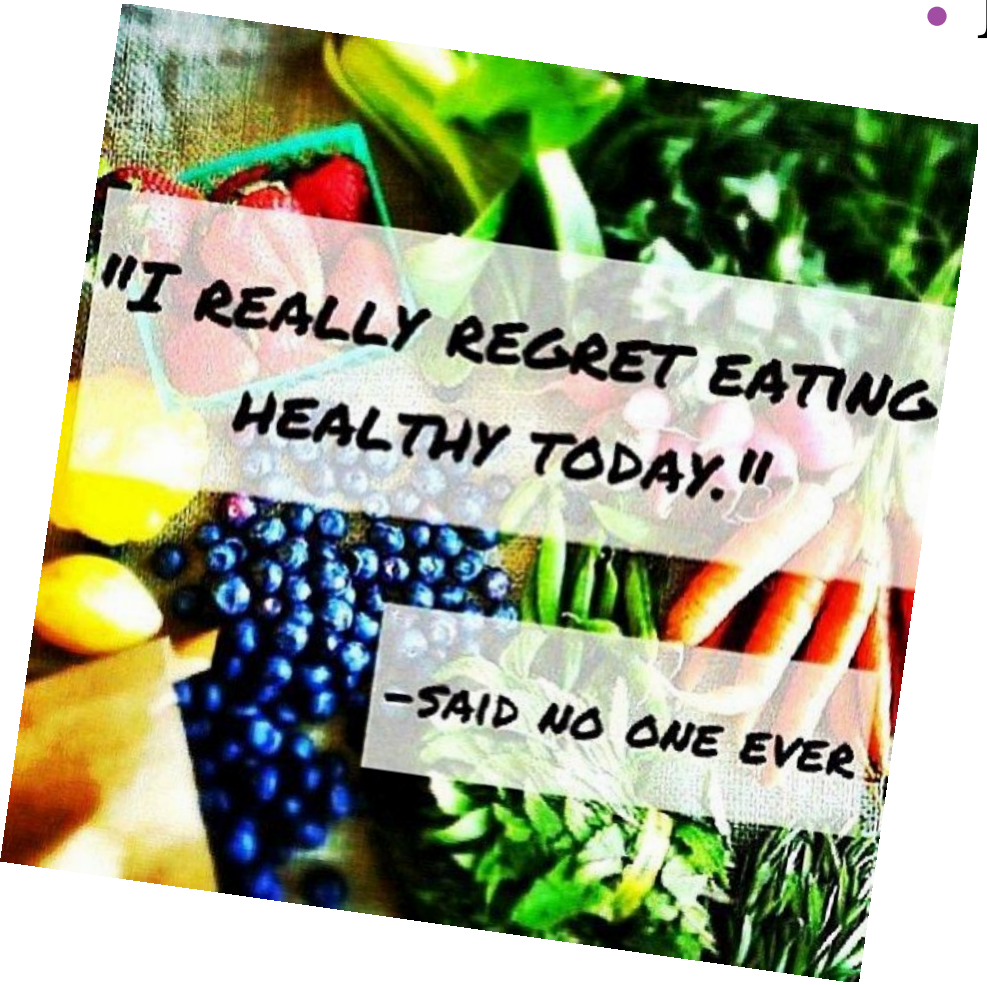


Dairy Substitutions

- Some people are sensitive/allergic to the lactose in milk products
  - This can make is more difficult to get the nutrients dairy provides such as calcium

- Other products besides dairy that contain calcium:
  - Fortified soy products
  - Nut milks
  - Kale
  - Canned fish

Healthy Eating: getting the word out



- Major take home messages:
  - Half your plate should be fruits and vegetables
  - Grains should be whole grains
  - Dairy should be low fat (skim, 1%, 2% milk)
  - Consider (cheaper) lower-fat and healthier-fat proteins like eggs, beans, and nuts instead of meats
  - Drink water
  - Limit added sugars

Questions about MyPlate?

Reading Labels, Sugar, & Salt

Reading the Old Label

Serving size allows you to know how many calories, fat, fiber and other nutrients you are eating at one time.

Calories measure how much energy you will get from eating a serving of food.

Total fat, **saturated** or ***trans* fats**, **cholesterol**, or **sodium**: a diet high in these may increase the risk heart disease and stroke, some cancers, and high blood pressure. Emphasize healthier fats found in olive and canola oils, walnuts, avocado and fish, and limit total fat in the diet.

Fiber: A food is a good source of fiber if it has 2.5-4.9 grams (g) of fiber per serving and a high source of fiber if it has 5 g or more. **Vitamins** and **minerals** in foods are also important, helping to maintain the health of your body.

Nutrition Facts

Serving Size ½ cup
Servings Per Container 3

Amount Per Serving

Calories 170 Calories from Fat 120

	% Daily Value
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugar 0g	
Protein 7g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	25%

Choose foods with a lower % Daily Value of saturated fat, cholesterol, and sodium (found in the YELLOW section)

Choose foods with a higher % Daily Value of fiber, vitamins, and minerals (found in the GREEN section)

Reading the New Label

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

New: added sugars

Change in nutrients required

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Reading Labels

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 — Calories from Fat 72

	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
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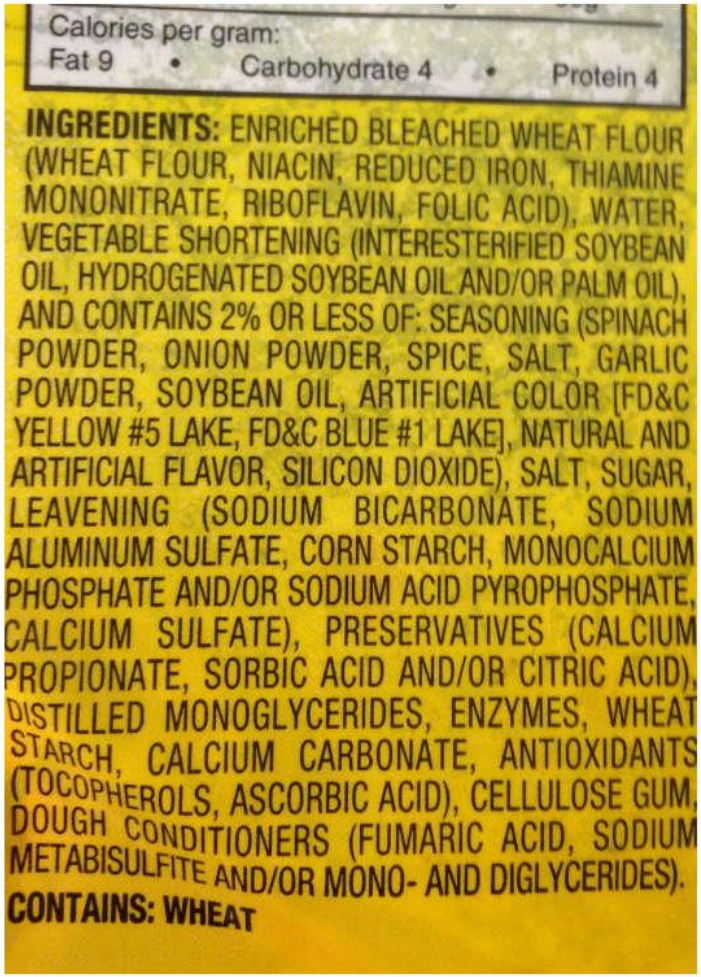
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Reading a label

- Snack foods and cereal boxes often contain a ‘cheat sheet’ on the front. Encourage clients to look for this as an easy way to get an idea of what you’re eating.

Reading a label



Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

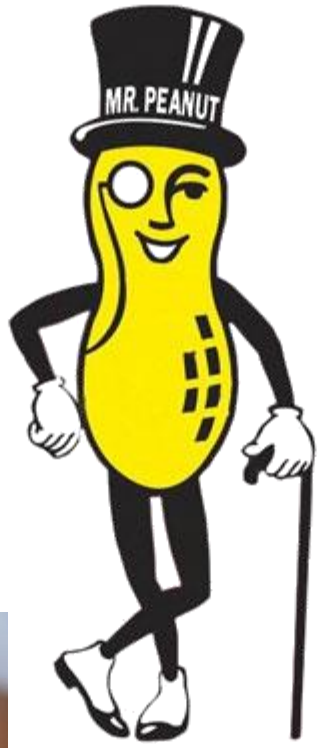
INGREDIENTS: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED SOYBEAN OIL AND/OR PALM OIL), AND CONTAINS 2% OR LESS OF: SEASONING (SPINACH POWDER, ONION POWDER, SPICE, SALT, GARLIC POWDER, SOYBEAN OIL, ARTIFICIAL COLOR [FD&C YELLOW #5 LAKE, FD&C BLUE #1 LAKE], NATURAL AND ARTIFICIAL FLAVOR, SILICON DIOXIDE), SALT, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, CORN STARCH, MONOCALCIUM PHOSPHATE AND/OR SODIUM ACID PYROPHOSPHATE, CALCIUM SULFATE), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID AND/OR CITRIC ACID), DISTILLED MONOGLYCERIDES, ENZYMES, WHEAT STARCH, CALCIUM CARBONATE, ANTIOXIDANTS (TOCOPHEROLS, ASCORBIC ACID), CELLULOSE GUM, DOUGH CONDITIONERS (FUMARIC ACID, SODIUM METABISULFITE AND/OR MONO- AND DIGLYCERIDES).

CONTAINS: WHEAT

Ingredients: Whole Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

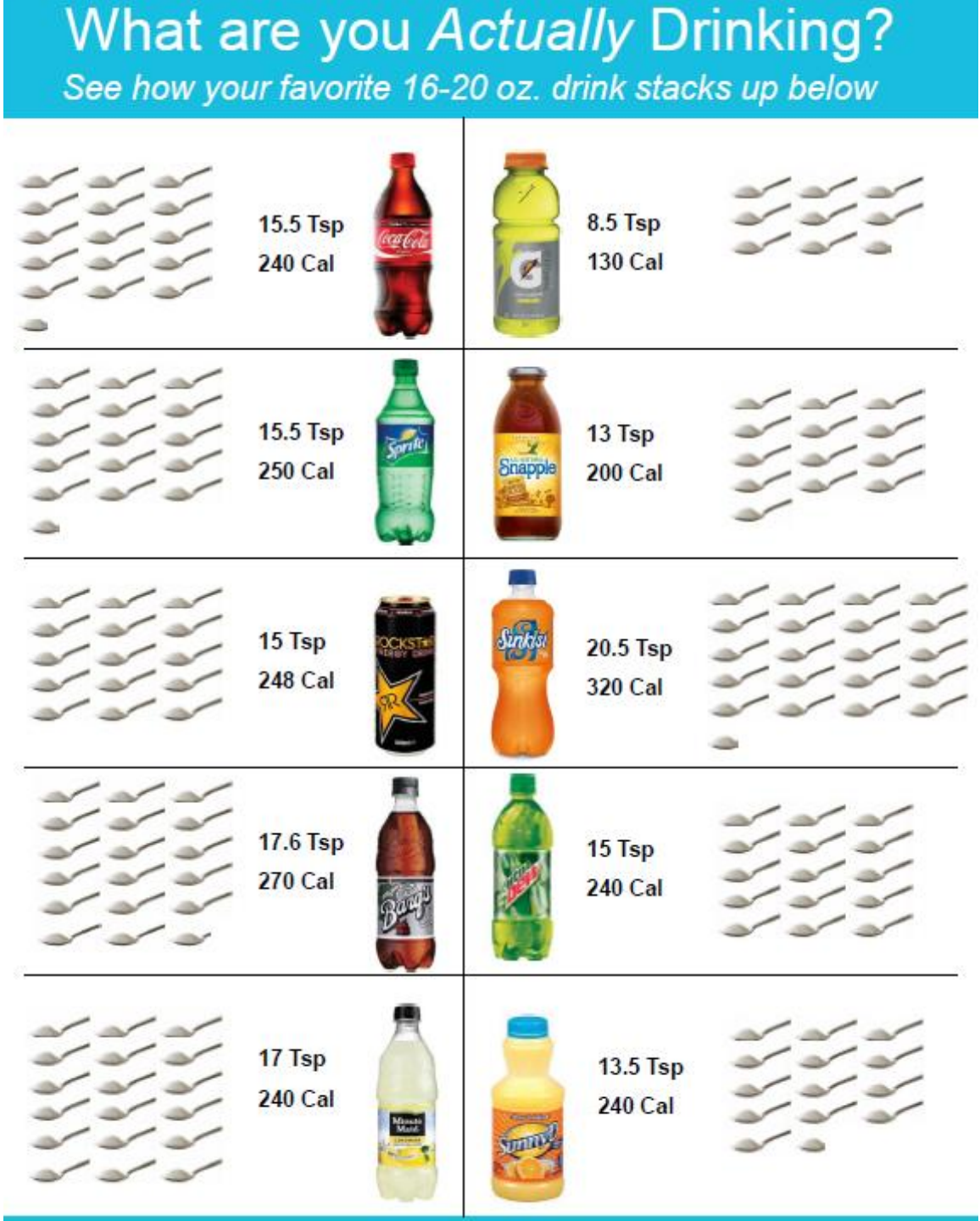
Reading a Label: Allergies



- Take allergies seriously!
- Most common food allergies are:
  - Eggs
  - Milk
  - Nuts from trees
  - Peanuts
  - Fish
  - Shellfish
  - Soy
  - Wheat

Sugar

- Most added sugar comes from:
  - Drinks
  - Desserts
  - Snack foods
  - Cereals
- Has addictive properties
- Implicated in diabetes, heart disease, obesity, and more



Sugar

- Read the label!
  - Ingredients are ordered according to weight. Food contains largest amounts of the first few ingredients.
- Limit added sugars to no more than 10 percent of their daily calorie needs. That's about 12 teaspoons (48 grams of sugar) on a 2,000-calorie diet.*)*. *One 12 oz can of Coke contains about 10 tsp*.

- "Sugar": fructose, honey, molasses, agave syrup, barley malt, beet sugar, brown rice syrup, cane crystals, cane sugar, coconut palm sugar, corn syrup, dextrin, dextrose, fruit juice concentrate, glucose, high-fructose corn syrup, lactose, maltodextrin, malt syrup, maltose, rice syrup, saccharose, sorghum, xylose…
  - Watch out for "-ose" words

Sugar

Kellogg's Smart Start Healthy Heart

Nutrition Facts

Serving Size 1 1/4 Cups (60g/2.1 oz.)
Servings Per Container About 7

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	230	270
Calories from Fat	20	20
	% Daily Value**	
Total Fat 3g*	**5%**	**5%**
Saturated Fat 0.5g	**3%**	**3%**
Trans Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 140mg	**6%**	**8%**
Potassium 400mg	**11%**	**17%**
Total Carbohydrate 46g	**15%**	**17%**
Dietary Fiber 5g	**23%**	**23%**
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Ingredients: Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey], wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor), high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), BHT (preservative), vitamin A palmitate, folic acid, vitamin B_{12}, vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

- What sugars can you identify?

Sugar

Kellogg's Smart Start Healthy Heart

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Servings Per Container About 7

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Cholesterol 0mg	**0%**	**0%**
Sodium 140mg	**6%**	**8%**
Potassium 400mg	**11%**	**17%**
Total Carbohydrate 46g	**15%**	**17%**
Dietary Fiber 5g	**23%**	**23%**
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 17g		
Other Carbohydrate 24g		
Protein 7g		

Ingredients: Oat bran, rice, sugar, oat clusters (sugar, toasted oats [rolled oats, sugar, high fructose corn syrup, partially hydrogenated soybean oil, molasses, honey]), wheat flakes, crisp rice [rice, sugar, malt, salt], corn syrup, polydextrose, honey, cinnamon, BHT for freshness, artificial vanilla flavor, high fructose corn syrup, malt flavoring, potassium chloride, salt, baking soda, ascorbic acid (vitamin C), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B_6), riboflavin (vitamin B_2), thiamin hydrochloride (vitamin B_1), BHT (preservative), vitamin A palmitate, folic acid, vitamin B_{12}, vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 3 Carbohydrates
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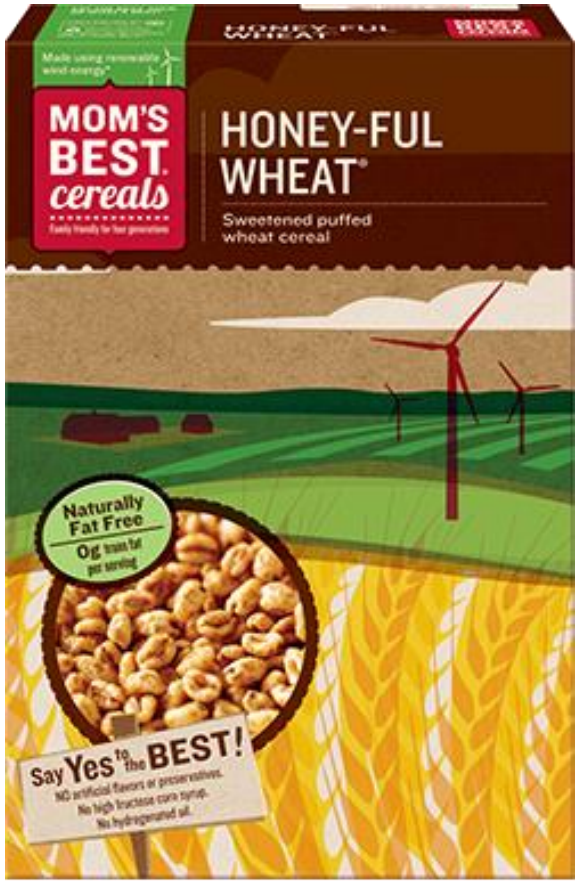
- Remember: there are four grams of sugar in one teaspoon!

Sugar

- Snack and cereal products advertised as 'healthy' often have a lot of added sugars!



Nutrition Facts
Serving Size: 3/4 Cup (27g)
Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	110	150
Calories from Fat	0	0
		% Daily Value**
Total Fat 0g*	**0%**	**1%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**1%**
Sodium 65mg	**3%**	**6%**
Potassium 45mg	**1%**	**7%**
Total Carbohydrate 24g	**8%**	**10%**
Dietary Fiber 0g	**0%**	**0%**
Sugars 15g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	6%	6%
Vitamin D	0%	10%
Thiamin	4%	6%
Riboflavin	2%	10%
Niacin	6%	6%
Vitamin B6	4%	6%
Folate (Folic Acid)	2%	2%
Vitamin B12	0%	8%
Phosphorus	2%	15%
Magnesium	4%	8%
Zinc	4%	8%
Copper	2%	2%

* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Sugar, Wheat, Corn Syrup, Honey, Salt, Caramel Color, Soy Lecithin, Citric Acid, Sodium Acetate.
Contains Wheat and Soybean Ingredients.

Sugar

- Encourage clients to mix cereals if they don't want to make the switch to low-sugar ones
  - Add fresh or dried fruit to add sweetness

Plain Cheerios

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)
Servings Per Container about 18
Children under 4 - about 24

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
	% Daily Value**		
Total Fat 2g*	**3%**	**3%**	1.5g
Saturated Fat 0g	**0%**	**3%**	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	**0%**	**1%**	0mg
Sodium 160mg	**7%**	**9%**	120mg
Potassium 170mg	**5%**	**11%**	130mg
Total Carbohydrate 20g	**7%**	**9%**	15g
Dietary Fiber 3g	**11%**	**11%**	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 17g			12g
Protein 3g			2g

Ingredients: Whole Grain Oats (includes the oat bran), **Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E** (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), **Vitamin C** (sodium ascorbate), **A B Vitamin** (niacinamide), **Vitamin B_6** (pyridoxine hydrochloride), **Vitamin A** (palmitate), **Vitamin B_2** (riboflavin), **Vitamin B_1** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin B_{12}, Vitamin D_3.**

Sugar

- The good, the bad, the ugly
  - Can help people cut back on calories from sugar
  - Helpful tool for diabetics
  - Some have been linked to negative health outcomes, but studies are mostly inconclusive
  - Probably best to use in moderation
  - Sweeteners like honey, agave, and maple syrup are still sugar!

Sodium

- 1,500 – 2,300 mg recommended maximum/day
- Focus on fresh foods
  - Processed foods typically have more salt
- Watch for sodium in breads and rolls
- Cook more often at home
  - Limit added salt in recipes
  - Use more herbs and spices such as garlic

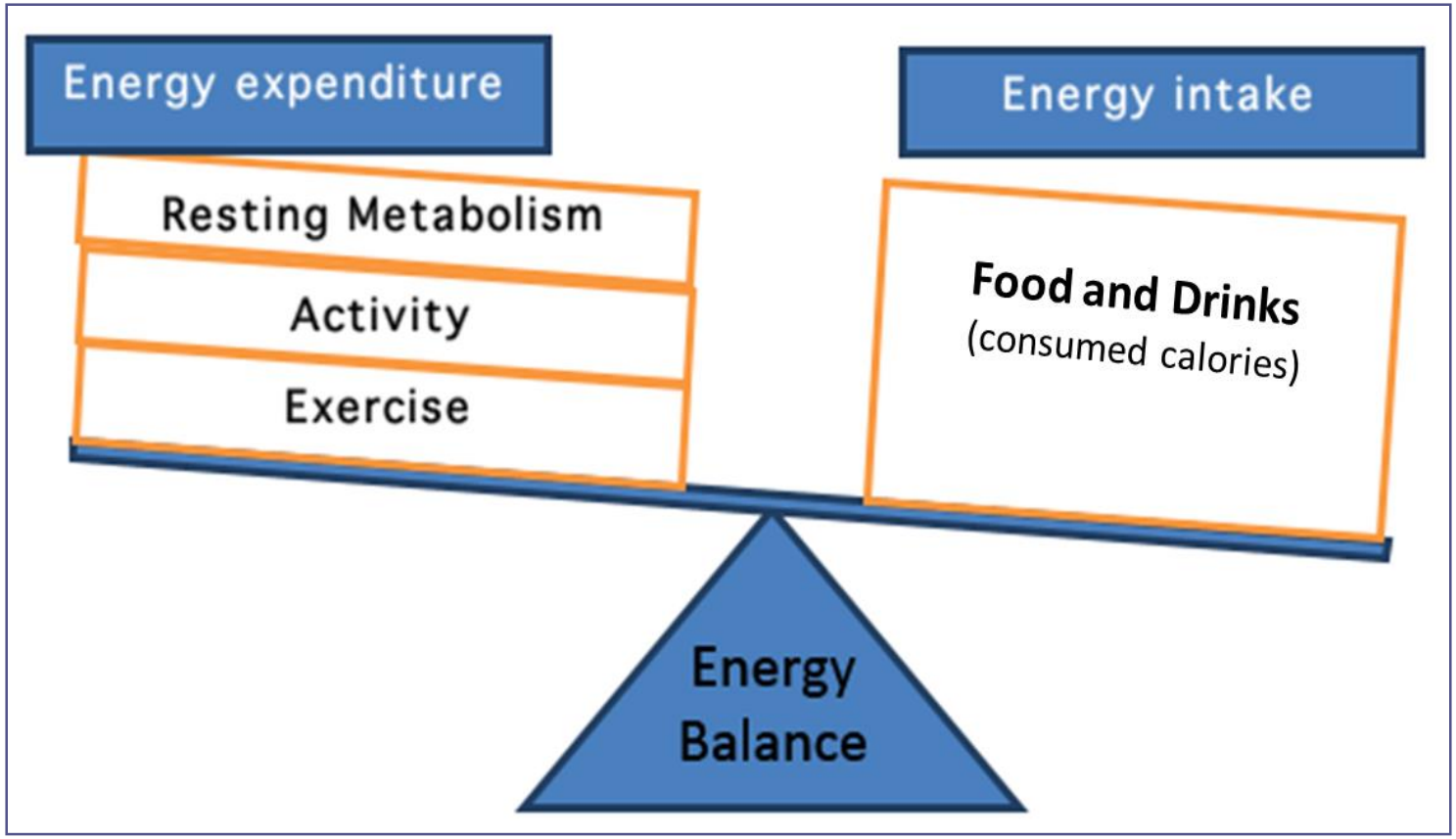
Salt

BREADS & ROLLS
Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.
1
COLD CUTS & CURED MEATS
One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.
2
PIZZA
A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.
3
POULTRY
Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.
4
SO SOUP UP
SOUP
Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.
5
SANDWICHES
A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.
6

Questions about Nutrition Labels Sugar, or Salt?

HEALTHY
EATING

Healthy Eating for Weight Loss



Portion *Distortion*

20 YEARS AGO	TODAY	DIFFERENCE
333 Calories	590 Calories	257 MORE CALORIES

Renee Comet, National Cancer Institute

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*

500 Calories	850 Calories	350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*

1 cup spaghetti with sauce and 3 small meatballs	*2 cups spaghetti with sauce and 3 large meatballs*	
500 Calories	1,025 Calories	525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO	TODAY	DIFFERENCE
Coffee, 8 oz (with whole milk and sugar)	*Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)*	
45 Calories	350 Calories	305 MORE CALORIES

renee_mcgurk, www.flickr.com

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* **Based on 130-pound person*

1.5 oz	*4 oz*	
210 Calories	500 Calories	290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

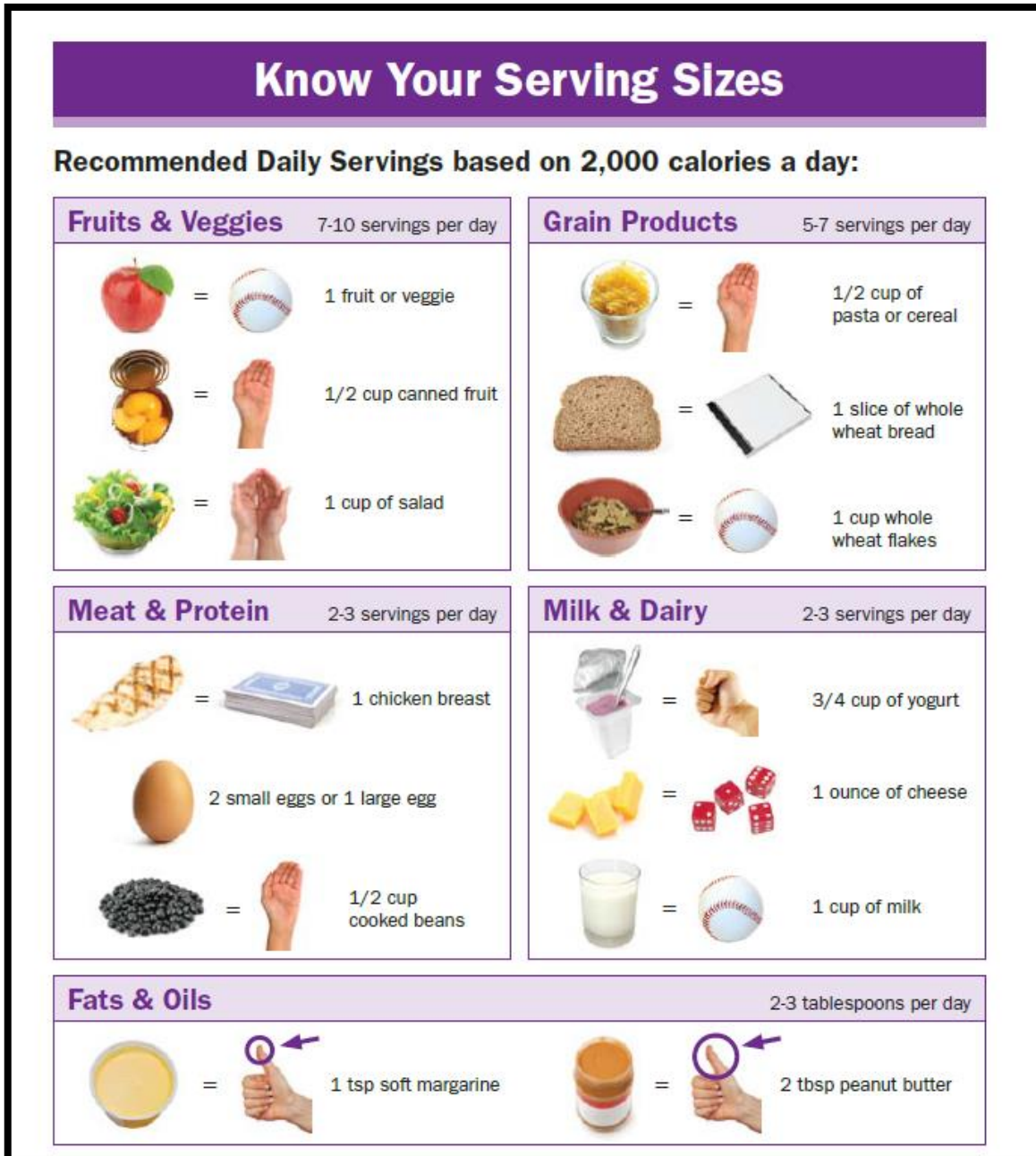
1.5 diameter	*3.5 diameter*	
55 Calories	275 Calories	220 MORE CALORIES

Renee Comet, National Cancer Institute

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* **Based on 130-pound person*

Healthy Eating for Weight Loss

- Read the label- are you eating one serving?
- Are you eating enough fruits and vegetables?



Healthy Eating for Seniors

Common Issues

- Not used to cooking and shopping for one or two
- Fixed income
- Decreased appetite
- Weight gain due to decreased metabolism and physical activity
- Weight loss
- Chronic diseases
- Difficulty preparing meals due to limited mobility
- Eating alone
- Chewing Difficulties

Potential solutions

- Cook in bigger batches, then freeze leftovers in portion-sized containers
- Stay physically active as much as possible
- Limit sodium
  - Cut back on prepared foods
  - Use other spices
  - Try to avoid getting more than 400 mg of sodium in a single meal
- Share a meal with a friend

Healthy Eating for Diabetics

- Follow MyPlate Guidelines
- Emphasize:
  - Eating whole grains
  - Increasing fruit and vegetable consumption
  - Reducing sugary beverage intake
- Recommend health provider to refer them to a Registered Dietitian if not sure what to eat
  - Covered by Medicare, MassHealth, and all other health plans

Questions about Healthy Eating?

Healthy Eating on a Budget

Healthy Eating on a Budget

- Key: meal planning and grocery lists

The Food Bank of Western Massachusetts

5 Day meal planning worksheet

Check your refrigerator, freezer, and cupboard for items that need to be used. Fill in the menu below with dishes that use those foods. Review grocery ads for specials that you can use this week in your menu plan and add them to your plan and your grocery list. Think about family favorites and what staples you need to add to your grocery list. Add the ingredients you need for your recipe to your grocery list too. Finally, remember to check if your menu is balanced!

On Hand:

Breakfast:					
Lunch:					
Dinner/Supper:					
Snacks:					
How Did I Do?	☐ Bread/Cereal ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Bread/Cereal ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Bread/Cereal ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Bread/Cereal ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein	☐ Bread/Cereal ☐ Vegetable ☐ Fruit ☐ Dairy ☐ Protein

Adapted from the Iowa State University Extension by The Food Bank of Western Massachusetts

Groceries

Produce	Meat	Bread / Cereal /	Canned Goods	Spices / Condiments	Cooking / Baking

Dairy	Frozen	Box	Snacks	Beverages	Baby

Cleaning Supplies	Kitchen Supplies	Personal Supplies	Pet	Misc.	Notes

Healthy Eating on a Budget

- Encourage clients to look for coupons in newspapers and online
- Shop around the perimeter
- Go with list, and don't shop hungry
- Plan for leftovers- make big batches and incorporate leftovers into other meals

Healthy Eating on a Budget: Stocking a Pantry

- **Grains**
  - Rice (brown)
  - Pasta (whole wheat)
  - Tortillas (whole wheat or corn)
  - Barley
  - Popcorn kernels
  - Oats
- **Proteins**
  - Beans- canned or dried
  - Nuts and nut butters
  - Powdered eggs
  - Canned tuna, salmon, or chicken, sardines, mackerel
- **Fruits and Vegetables**
  - Canned fruits with no sugar added
  - Canned vegetables with low sodium
  - Dried fruit
- **Other**
  - Vinegars and oils
  - Dried herbs and spices
  - Baking supplies like flour, sugar, cornmeal, baking soda, etc.
  - Soup stock
  - Bread crumbs

The Guidelines

1. **Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. **Limit calories from added sugars and saturated fats and reduce sodium intake.** Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.