

CARING FOR YOURSELF OR A FAMILY MEMBER

The Foods You Choose

Healthy Eating Guide



MaineHealth

WWW.MAINEHEALTH.ORG

What's in This Guide?

Making healthy food choices, keeping active and maintaining a healthy weight are the building blocks of living healthy.

This guide offers you information and tips on the basics of healthy eating. Once you start making healthy food choices, you may find that you feel better and have more energy. Eating healthy, keeping a healthy weight and staying active help reduce the risks for developing some chronic conditions, such as diabetes and heart disease.

Improving your eating habits is one of the most important things you can do for your health. Take a positive approach, set realistic goals and make the easiest changes first. Talking with your healthcare team or a registered dietitian about your personal nutrition needs can help you set goals and improve your eating.

We hope you will find this booklet helpful on your journey toward healthy eating.

For more information, visit the MaineHealth Learning Resource Center's website at www.mainehealth.org/lrc or call 1-866-609-5183.

All recipes can be found at the back of the booklet.

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1

Dividing Your Plate

Fruits and Vegetables Make half your plate fruits and vegetables. Try different kinds to keep it interesting. The more colorful your choices, the better. Add slightly more vegetables to your plate than fruit.

Grains Make at least half of your grains whole grains, such as whole-wheat pasta or brown rice. This will help you stay regular and healthy.

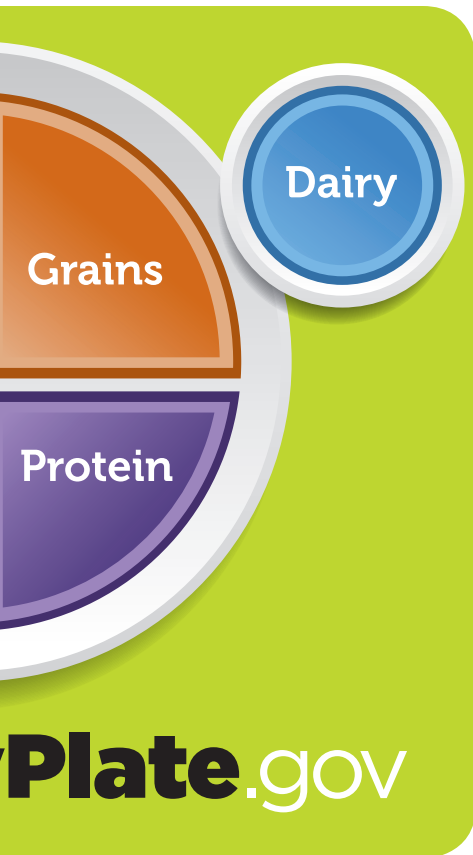
Protein Choose a variety of protein foods, such as fish or lean poultry or lean meat. Beans and other legumes are also good choices.

Dairy Switch to fat-free or low-fat (1%) milk. This includes cheese and yogurt.



Tips for Your Table

- **Skip sugary drinks.** Most have lots of calories with little or no nutritional value. Choose water or 1% low-fat or nonfat milk instead.
- **Stop eating before you feel full.**



- **Watch your portions.** Eat at home as much as possible and use the plate picture below to help guide you.
 - **Avoid trendy diets.** Anything that sounds too good to be true probably is.
 - **Be physically active most days of the week.** Talk with your healthcare team about a plan that will work for you.
 - **Vitamin pills and other supplements should not replace a healthy diet.** The best way to get vitamins is through real foods.
- Talk with your healthcare team or a registered dietitian to better understand your nutritional needs.**

2

Filling Your Plate



Whole Grains

Eating whole grains may reduce your risk of heart disease, cancer and diabetes. Whole grains are an important source of fiber, vitamins and minerals, all of which promote good health. Fiber helps make you feel fuller longer than other foods and supports digestive health by helping to keep you regular. Foods high in fiber, such as vegetables, fruits and whole grains, are also lower in calories.

Healthy whole-grain foods include the entire grain seed. Unfortunately, when grains are made into flour, much of the fiber is removed. This is the case with white flour and cornmeal. Snacks and fast foods, as well as many breads and some bran products, may not contain whole grains.

Examples of whole grains include:

- Bulgur wheat (cracked wheat)
- Brown rice
- Corn and popcorn
- Whole cornmeal
- Oatmeal
- Barley
- Buckwheat
- Wheat berries
- Whole-wheat pasta



Tips for Your Table

- **Think whole grains are hard to find?** Actually, whole grains can be found in many foods that you eat every day. Check a food’s ingredients for the word “whole,” such as in “whole wheat.” If it is listed near the beginning, the product contains high amounts of whole grains and fiber.
- **On the go?** Choose snack foods that are high in fiber and made of whole grains, such as low-fat trail mix, whole-wheat crackers topped with low-fat cheese, your favorite whole-grain cereal or whole-wheat pretzels.
- **Like to plan ahead?** Think about making your own cereal, trail mix or granola. Mix whole grains like oatmeal with heart-healthy nuts such as almonds or walnuts and a small amount of no-sugar-added dried fruit.

Try This Healthy Recipe

This quick-cooking grain dish has a touch of sweet and nutty flavors to go with most main dishes. Try the **Couscous with Carrots, Walnuts, and Raisins** recipe in section 6.



Fruits and Vegetables

Fruits and vegetables are some of the healthiest foods. Like whole grains, fruits and vegetables have fiber, vitamins and minerals. For more information on fiber, see the Whole Grains section on page 5.

People who eat a variety of fruits and vegetables daily are less likely to be overweight and develop chronic diseases such as heart disease, Type 2 diabetes and certain cancers. They also are less likely to suffer a stroke.





It is best to eat a wide variety of fruits and vegetables from different color groups every day. For example:

- **Dark green:** broccoli, spinach, romaine lettuce, other green leafy vegetables
- **Orange:** carrots, squash, pumpkin, sweet potatoes, mangoes, oranges, peaches
- **Red:** tomatoes, apples, watermelon, strawberries, beets, cherries, red peppers
- **And many more:** Think about what other colors you could choose from!

Other healthy vegetable choices include beans and peas. Examples include:

- Chickpeas (also called garbanzo beans)
- Kidney beans
- Lentils

Try This Healthy Recipe



Sample the Autumn Salad recipe in section 6. Fruit and nuts make this salad a fun starter or side to most main dish meals...and it can be served year-round!

Tips for Your Table

On a budget?

- Choose frozen or canned fruits and vegetables.
- Avoid vegetables in butter and cream sauce because they contain hidden calories and sodium.
- Avoid canned fruits with syrup. They also contain hidden calories. Choose fruits canned in 100% fruit juice or water, and canned and frozen vegetables labeled “no salt added.”

On the go?

- Choose ready-to-eat fruits and vegetables such as baby carrots, apple slices, grapes and whole fruits like bananas and oranges.
- Keep healthy choices in plain sight. You are more likely to choose what is in front of you!
- If you like dried fruit, buy it with no sugar added.

Like to plan ahead?

- Keep bags of frozen mixed vegetables in your freezer and use them to make quick and healthy stir-fry meals and soups that can feed your family inexpensively.
- Steaming fresh or frozen vegetables is also another healthy way to do this.



Protein

Protein builds and maintains the tissues and muscles in your body. Your organs and immune system are made up mostly of protein. It is also a part of your bones, skin and blood. Another plus for protein is that it digests slowly, so you may feel full for longer.

Eat a variety of foods containing protein to keep your body strong.

Animal sources of protein include:

- Fish and other seafood
- Poultry (turkey, chicken)
- Meat (pork, beef, lamb, veal, venison)
- Eggs
- Low-fat or nonfat dairy products (cheese, yogurt)



Plant-based foods that are high in protein include:

- Dried beans and dried peas
- Nuts
- Soy products, such as tofu

An important difference among foods in the protein group is how much saturated fat (unhealthy fat) and total fat they contain, and how they are prepared. A healthy meal includes proteins low in saturated fat, called lean protein. See the Healthy Fats section on page 20 for more information.



Try This Healthy Recipe

Try the Corn and Black Bean Burritos. They are full of flavor and easy to make. See the recipe in section 6.

Tips for Your Table

Meat for dinner?

- The best animal protein choices are fish and poultry without skin, because they are lower in saturated fat.
- Choose white meat poultry because it has less saturated fat than dark meat.
- Broiling or baking fish or meat is healthier than frying.
- Limit beef, pork and lamb. When you do eat these, select meat trimmed of fat and ground beef labeled 90% lean.

On a budget?

- Enjoy a few meatless meals a week and get your protein from plant sources.
- Try making a dish that includes one or more of the following: dried beans, dried peas or lentils. Split pea soup and baked beans are popular favorites.

Like sandwiches for lunch?

- Try a tuna or chicken salad sandwich using reduced-calorie mayonnaise or plain low-fat or nonfat yogurt. Tuna packed in olive oil or water is a healthy choice.
- Adding some vegetables to your sandwich makes it healthier.
- If you choose deli meats and hot dogs, make sure they are labeled low-sodium and low-fat. See the Sodium section on page 18 for more information.

On the go?

- Nuts are easy to carry, are ready to eat and include unsaturated fats (healthy fats) and fiber.
- Healthy choices include unsalted almonds, walnuts, pecans, hazelnuts and pistachios.
- Remember, nuts contain a lot of calories. Limit your portions.

Dairy

Dairy products are a good source of protein, calcium, potassium and other vitamins and minerals that support good health.

Eating potassium- and calcium-rich foods is key to building and maintaining strong, healthy bones. An added benefit is that most dairy products are low-cost.

Eating a variety of dairy products will benefit your health.

Nonfat and low-fat options are the healthiest choices.

Remember, 2% milk products are NOT low-fat.

Healthy dairy choices include **nonfat or 1% low-fat** choices from these foods:

- Milk
- Cheese
- Yogurt
- Frozen yogurt and ice cream



Tips for Your Table

Can't digest milk products?

- Try low-fat soy milk or lactose-free milk products.
- Nondairy choices, such as almond and rice drinks, are also available.
- Be sure to choose those products with vitamins and calcium added.

Don't drink milk? Eat other calcium-rich foods, such as nonfat or low-fat cheese and yogurt, calcium-fortified juices and cereals, sardines, beans (legumes) and spinach and other dark leafy greens.

On the go? Grab a bottle of nonfat or low-fat milk instead of soda or juice. Nonfat and low-fat yogurt now come in ready-to-go packages. Stir in some tasty low-fat granola or dried fruit to add more flavor. Low-fat cheese sticks and string cheese are also great snacks!

Try This Healthy Recipe



What about a smoothie for an on-the-go snack or light meal? Smoothies can be easily made with choices from many different food groups, such as fruits, vegetables, protein sources and whole grains. The **Blueberry Smoothie** is delicious and easy to make! See section 6.

Drinks

Fluids are part of a healthy body. On average, water makes up more than half of your body weight. It is used to flush toxins out of organs, digest food and provide moisture for the ears, nose and throat. When you don't have enough fluids, you can feel tired and run-down.

Because your body uses fluids for almost everything, you need to replace them regularly through healthy beverages. Pass on sugar-sweetened drinks such as soda, energy drinks, sports drinks and juice products labeled “ade” or “drink” or “punch.” Choose water instead.

Healthy beverages include:

- Water, the best possible choice. Make water exciting by adding a slice of lemon, lime, cucumber or watermelon. Try sparkling water or add a splash of 100% juice to water or sparkling water.
- 1% low-fat and nonfat plain milk
- 100% fruit juice. Only fruit and water should be listed as ingredients on the label. Limit to one small glass (4-6 ounces) per day. Juice contains a lot of calories.



Tips for Your Glass

- **Need a quick drink?** Carry a water bottle with you so you always have a healthy option available.
- **Think you might be hungry?** Try drinking some water before reaching for a snack.
- **Still hungry after drinking water?** Choose whole fruits instead of juice; you get more fiber and less sugar.
- **Looking for fizz?** Consider replacing soda, diet drinks and sweetened fruit drinks with a mixture of seltzer and 100 percent fruit juice. You get great flavor and fizz without tons of sugar and extra calories. Remember, juice products that are labeled “ade,” “drink” or “punch” have a lot of sugar and are not 100 percent juice.

- **Love a cup of coffee or tea?** These are water-based beverages and count toward your daily fluid intake. If you think you need to cut back on caffeine, try enjoying decaf coffee or caffeine-free herbal teas. If you are trying to reduce how much sugar you eat, cut back on the amount you add to your favorite drink. Nonnutritive sweeteners (such as Splenda, Equal, Sweet’N Low and others) are another option.



Alcohol

If you choose to drink alcohol, do so in moderation. One drink per day for women and up to two drinks per day for men. Remember that alcohol contains calories and has little nutritional value. Certain individuals should not drink alcohol, including:

- Women of childbearing age who might become pregnant
- Pregnant and breastfeeding women
- Children and teens
- Individuals taking medications that can interact with alcohol
- Those with specific medical conditions

Your healthcare team can help you make the right choices about alcohol.



Try This Healthy Recipe

For a fun alternative to soda, try making your own seltzer! Cool, refreshing and full of flavor, seltzers can be a low-cost and healthy choice for social gatherings. See the recipe for a **Lemon Cucumber Seltzer** in section 6.



Sodium

Sodium is a mineral in table salt (which is also called sodium chloride). Some sodium is important for your health, but almost everyone eats more than their body needs. Always check the nutrition label for sodium content.

You can lower your risk of high blood pressure, heart disease, stroke, heart failure and kidney disease by limiting your sodium intake.

It is important for everyone to eat fewer foods that are high in sodium, such as:

- Frozen meals
- Canned soups
- Pasta sauces
- Pickles
- Condiments such as ketchup, salad dressing and Worcestershire sauce
- Snacks such as pretzels, crackers and salted nuts
- Fast foods
- Luncheon meats, hot dogs and sausages
- Some seasonings, such as meat tenderizer





Tips for Your Plate

- **Did you know that we get most of our sodium from packaged and processed foods, not the salt shaker?** It is best to choose fresh foods instead of packaged and processed, whenever possible. If you eat packaged foods, look for foods that have less than 300mg of sodium per serving.
- **Looking for other options?** Instead of adding salt to dishes, try using salt-free spices, herbs, vinegars and lemon juice.
- **On a budget?** Many grocery stores carry dried herbs in bulk. Scoop only what you need and save money!
- **On medication for high blood pressure?** Eating less sodium may help your medication work better.

Try This Healthy Recipe

Remember Mom's chicken noodle soup? Many canned varieties have lots of sodium. So why not make a simple version at home? Try the **Low-Sodium Chicken Noodle Soup** in section 6.



Fats

Almost all foods have some fat. Some fats help your body use vitamins and store energy. The type of fat you eat makes a big difference in your health.

Unhealthy Fats

- Saturated fats and *trans* fats raise blood cholesterol levels, and this increases your risk for heart disease and cancer.
- Saturated fats are found in meat, poultry with skin and full-fat dairy products. Coconut and coconut oil, palm oil and palm kernel oil are plant foods high in saturated fat.
- *Trans* fats are made through a process called hydrogenation. They are most often found in packaged and processed foods, stick margarine, snack foods and fried foods.

Healthy Fats

- Unsaturated fats, also called monounsaturated and polyunsaturated fats, are very healthy for your heart as they improve blood cholesterol levels and decrease inflammation.
- They are found mostly in plant foods, avocados, olives, nuts and seeds, and vegetable oils (canola, soybean, olive).
- Omega-3 fats are polyunsaturated fats important for heart health. They are found in fatty fish, like salmon, and some oils and nuts. Keep in mind that many foods high in healthy fats are also high in calories.

Tips for Your Plate

- **Eat out often?** Ask for sauces and dressings on the side to limit saturated fats.
- **Looking for an easy way to get more healthy fats?**
 - Cook with canola, peanut, safflower (great for stir-fry) and olive oils instead of butter. Add herbs to olive oil for a tasty bread dip instead of using butter or margarine.
 - Grab walnuts, almonds and pecans as a quick snack.
 - Try ground flaxseeds in smoothies or on cereal.
 - Pumpkin, sunflower and sesame seeds add great crunch to salads.
- **Looking to limit unhealthy fats?** Choose lean meat and poultry without skin, and 1% low-fat or nonfat milk products. Use *trans* fat-free spreads and low-fat mayonnaise and salad dressings.
- **Working on improving your heart health?** Eat one or more sources of omega-3 fats every day. Good examples include:
 - Fatty fish, such as wild salmon, tuna, mackerel and sardines
 - Walnuts and ground flaxseed
 - Canola, flaxseed and soybean oils

Try This Healthy Recipe

Add omega-3 fats to your diet with

Baked Salmon. See section 6.

This salmon recipe is easy to make and a delicious treat for family and friends.



3

Eating Healthy on a Budget

Buy in bulk

Buy grains, cereals, legumes and other healthy foods in large quantities to save money. Food warehouse clubs like Sam's or BJ's, as well as some supermarkets, sell bulk items. You can also buy fruits and vegetables in bulk and freeze or can them.

Use smart shopping strategies

- Make a list and stick to it.
- Check newspapers for supermarket savings flyers, or cut coupons for those items on your list.
- Set a budget.
- Don't shop when you're hungry.
- Buy canned and frozen fruits and vegetables. They last a long time and can be a healthy choice. Avoid canned fruits with syrup and vegetables with sauces and high sodium content. Instead, choose fruits in 100 percent fruit juice or water and vegetables labeled "no salt added."



Try different places to shop

You may find less-expensive healthy foods at farmers' markets, ethnic food stores and co-ops.

Go generic

Store brands often taste the same as name brands and cost much less!

Eat at home more often

- Make meals and snacks at home instead of buying prepared foods.
- Bag your lunches and bake your own healthy treats.
- Cook enough for several meals and freeze the leftovers.
- Plant a small garden to have fresh vegetables and herbs at your fingertips.

Think outside the box

The outer sections of the grocery store have healthier foods than the middle aisles. This is where you can pick up fresh fruits and vegetables, whole-grain breads, meats, fish, and dairy products. Limit high-fat and high-sodium deli products and bakery snacks.



4

Building Blocks for Health



Understanding the Nutrition Facts Label

One of the best ways to learn about healthy eating is to understand how to read a food label. Except for fresh foods, most foods have a label that includes nutrition information.



Sample Label

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container about 2			
Amount Per Serving			
Calories	250	Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
	Saturated Fat 3g		15%
	<i>Trans</i> Fat 3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
	Dietary Fiber 0g		0%
	Sugars 5g		
Proteins	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:			
		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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Limit saturated fats and avoid *trans* fats.

Search for low-sodium foods. Such foods will have less than 5% of your Daily Value for sodium.

Quick guide to % Daily Value: **5% or less** means the food is low in that nutrient. **20% or more** means the food is high in that nutrient.

Experts recommend adults eat **25-35 grams of fiber per day** depending on age, gender and nutrition goals.

Find information on **vitamins and minerals** here.

Speak with a registered dietitian to learn more about your specific nutrition needs!

Choosing the Right Portions

Keeping active, making healthy food choices and maintaining a healthy weight are the building blocks to staying healthy. Choosing the right portions for you is an important part of this effort.

What is a serving size?

This is the amount of food from each of the food groups that health experts recommend you eat. The number of servings depends on your age, gender and activity level. Go to www.choosemyplate.gov for more information.

What is a portion?

This is the amount of a particular food group you choose to eat at a given time. Be aware that the portion you choose may be more or less than a serving. If your portion of a food is bigger than the serving size recommended, it counts as more than one serving.

Grains

Health experts recommend that adults eat five to eight servings of breads, cereals and grains daily. At least half of those grain servings should be whole grain.

A serving is:

- 1 cup most ready-to-eat breakfast cereal
- ½ cup cooked cereal, rice or pasta
- 3 cups popped popcorn
- 1 small flour or corn tortilla (6-inch diameter)



Fruits and Vegetables

Health experts recommend that adults should have one-and-one-half to two servings of fruit and two to three servings of vegetables daily.

A serving is:

- 1 cup raw or cooked vegetables or vegetable juice
- 2 cups raw leafy greens
- 1 apple or orange the size of a tennis ball
- 1 cup fruit (like applesauce or grapes) or 100 percent fruit juice
- ½ cup dried fruit (raisins, apricots, apples)

Protein

Health experts recommend that adults have five to six-and-one-half ounces of protein daily.

Common protein choices:

- meat, fish or poultry the size of a deck of cards = 3 ounces
- ¼ cup cooked dry beans = 1 ounce
- 1 egg = 1 ounce
- 1 tablespoon of peanut butter = 1 ounce
- ½ ounce of nuts (12 almonds, 7 walnut halves or 24 pistachios) = 1 ounce

Dairy

Health experts recommend that adults eat three servings of **nonfat** or **low-fat** dairy daily.

A serving is:

- 8 ounces of milk
- 8 ounces of yogurt
- 1½ ounces of cheese, which is the size of three dominoes



Drinks

Many health experts recommend that adults drink eight 8-ounce glasses of water or water-based beverages daily. You may need more if you are physically active! One cup is equal to 8 ounces.

Sodium

Health experts recommend eating less than 2,300 mg of sodium per day. A teaspoon of salt has 2,300 mg of sodium.

For African Americans, people aged 51 and older and anyone who has high blood pressure, diabetes and chronic kidney disease, the U.S. Dietary Guidelines recommend limiting sodium intake to less than 1,500 milligrams per day. Talk to your healthcare team about eating less sodium.

Fats

Health experts recommend eating 400 to 700 calories from fat for adults who eat about 2,000 calories per day. The type of fat you eat makes a big difference in your health.

The amount of calories in these common foods:

- 1 tablespoon peanut butter = 95 calories
- 1 tablespoon tub margarine or butter = 100 calories
- 1 tablespoon low-fat mayonnaise = 50 calories
- 1 tablespoon of vegetable oils (canola, olive and peanut) = 120 calories

5 Resources

National

Dietary Guidelines for Americans

www.health.gov/dietaryguidelines

Advice on making smart choices, finding balance between food and physical activity, and reducing risks for major chronic diseases

MyPlate

www.choosemyplate.gov

Personal eating plans and interactive tools to help you plan your food choices based on the Dietary Guidelines for Americans

Centers for Disease Control and Prevention: Healthy Weight

www.cdc.gov/healthyweight

Easy-to-use information for losing and maintaining weight

Fruits and Veggies Matter

www.fruitsandveggiesmatter.gov

Great recipes, budget tips, interactive tools and information on the benefits of eating fruits and vegetables

Physical Activity Guidelines for Americans

www.health.gov/paguidelines/guidelines/summary.aspx

Guidelines to assist in developing a healthy activity plan

A Healthier You: Recipes

www.health.gov/dietaryguidelines

A variety of recipes based on the Dietary Guidelines for Americans

Academy of Nutrition and Dietetics

www.eatright.org

Information on health and nutrition

American Heart Association

www.heart.org

Healthy living tips and information on stroke, heart disease and heart failure

American Diabetes Association

www.diabetes.org

Information on diabetes prevention and living well with diabetes

Local

MaineHealth Learning Resource Centers

www.mainehealth.org/lrc • 1-866-609-5183

Health information and education resources for patients, families and communities in Maine

Let's Go!

www.letsgo.org

For information about healthy eating and physical activity, contact Let's Go!, a healthy lifestyle program for children and families

MaineHealth's Preventive Health Program

www.mainehealth.org/health

Preventive health information and tools for patients and providers

Healthy Maine Partnerships**www.healthymainepartnerships.org/panp/dpr**

The Healthy Weight Awareness campaign provides information to take simple steps to help children and families eat healthy.

Slow Food Portland**www.slowfoodportland.org**

Supports the enjoyment and benefits of eating healthy, local foods in season through meetings and activities

**Maine Organic Farmers and
Gardeners Association****www.mofga.org**

Promotes safe, high-quality organic farming and food and supports local farmers' markets and the Common Ground Fair

Spend Smart. Eat Smart.**www.extension.umaine.edu/food-health/eat-well****1-800-287-0274**

Information on budgeting for healthy shopping and eating

Sources consulted for this booklet include:

Dietary Guidelines for Americans, www.health.gov/dietaryguidelines

MyPlate, www.choosemyplate.gov

Academy of Nutrition and Dietetics, www.eatright.org

Nutrition Source, www.thenutritionsource.org

American Heart Association, www.heart.org

American Diabetes Association, www.diabetes.org

Let's Go!, www.lets.go.org

6

Recipes



Couscous with Carrots, Walnuts and Raisins

Source: National Heart Lung and Blood Institute • www.nhlbi.nih.gov/health

Ingredients

- 1 cup couscous (whole-wheat)
- 1 teaspoon olive oil
- 2 tablespoons walnuts, coarsely chopped
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon pumpkin pie spice or cinnamon
- 1 $\frac{1}{3}$ cup water
- 2 tablespoons raisins
- $\frac{1}{2}$ cup carrots, rinsed, peeled, and shredded or thinly sliced; cut in half

Preparation

1. In a 4-quart saucepan over medium heat, cook and stir couscous, olive oil, walnuts, salt, pepper, and spice just until couscous begins to brown.
2. Slowly add water, then raisins and carrots. Cover. Bring to a boil over high heat.
3. Remove from the heat, and let stand for 10 minutes.
4. Fluff with fork. Serve immediately.

Serving Size: $\frac{1}{2}$ cup couscous, Calories: 218, Fat: 4g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 155mg, Carbohydrates: 39g, Protein: 6g, Fiber: 3g



Autumn Salad

Source: National Heart Lung and Blood Institute • www.nhlbi.nih.gov/health

Ingredients

- 1 granny smith apple, rinsed and sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce) (about 5 cups), rinsed
- ½ cup dried cranberries
- ¼ cup of walnuts, chopped
- ¼ cup unsalted sunflower seeds
- 1/3 cup low-fat raspberry vinaigrette dressing

Preparation

1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss the raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Serving Size: 1 cup salad, Calories: 138, Fat: 7g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 41mg, Carbohydrates: 19g, Protein: 3g, Fiber: 3g



Corn and Black Bean Burritos

Source: National Heart Lung and Blood Institute • www.nhlbi.nih.gov/health

Ingredients

- ¼ cup scallions (green onions), rinsed and sliced into ¼-inch wide circles, including green tops
- ¼ cup celery, rinsed and finely diced
- 1 ¼ cup frozen yellow corn
- ½ ripe avocado, peeled and diced
- 2 tablespoons fresh cilantro, chopped (or substitute 2 teaspoons dried coriander)
- 1 can (15 ½ ounce) black beans, drained and rinsed
- ¼ cup reduced-fat shredded cheddar cheese
- ¼ cup salsa or taco sauce (look for lowest sodium version)
- 12 (9-inch) whole-wheat tortillas

Preparation

1. Pre-heat oven to 350 F
2. Combine scallions, celery, and corn in a small saucepan. Add just enough water to cover.
3. Cover, bring to a boil, and reduce heat to medium. Simmer for 5 minutes, until vegetables soften. Drain vegetables. Set aside to cool.
4. Combine avocado, cilantro, and beans in a large mixing bowl. Add cheese and salsa, and mix.
5. When corn mixture has cooled slightly, add to avocado mixture.
6. In a large nonstick pan over medium heat, warm each tortilla about 15 seconds on each side. Place each tortilla on a flat surface. Spoon ⅓ cup of the mixture into center of the tortilla. Fold the top and bottom of the tortilla over the filling. Fold in the sides to make a closed packet.
7. Repeat with the remaining tortillas.
8. When all tortillas are wrapped, continue heating in the oven 5 minutes, until all are warm and cheese is melted.

Serving Size: 1 burrito, Calories: 189, Fat: 3g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 257mg, Carbohydrates: 34g, Protein: 8g, Fiber: 3g



Blueberry Smoothie

Source: FoodFit • www.foodfit.com

Ingredients

½ cup blueberries
¼ cup orange juice
½ cup plain low-fat yogurt
honey to taste

Preparation

Place all ingredients in blender and blend on high speed until smooth.

Serving Size: Prepared smoothie recipe serves 1 person,
Calories: 135, Fat: 0g, Saturated Fat: 0g, Cholesterol: 3mg,
Sodium: 73mg, Carbohydrates: 31g, Protein: 6g, Fiber: 1g



Lemon Cucumber Seltzer

Source: WebMD • www.webmd.com/food-recipes
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Ingredients

8 cups seltzer water or substitute soda water or mineral water
24 slices cucumber, with or without peel (about ½ of a large cucumber)
16 slices lemon (about 2 lemons)

Preparation

1. Pour 8 cups seltzer water into a clear pitcher. Add the cucumber and lemon slices and two trays of ice cubes. Stirring occasionally, let the ingredients chill together about 10 minutes before serving.
2. When you pour into glasses, make sure each serving gets some ice cubes, several slices of cucumber, and a couple of slices of lemon.

Serving Size: about 8 servings, Calories: 0, Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 40mg, Carbohydrates: 0g, Protein: 0g, Fiber: 0g



Low Sodium Chicken Noodle Soup

Source: SparkRecipes • www.sparkrecipes.com

Ingredients

- 8 cups water
- 8 teaspoons sodium-free chicken bouillon (Herb-Ox brand)
- 1 large stalk celery, chopped
- ½ cup chopped fresh onion
- 1 cup fresh mushrooms
- 4 cloves garlic, crushed
- ¼ teaspoon curry powder
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- 1 pound skinless chicken breast
- 12-ounce package uncooked egg noodles

Preparation

1. In a large kettle, combine all ingredients except the noodles. Cover and cook over high heat until chicken is cooked through, 15 to 30 minutes, depending on whether the chicken is fresh or frozen.
2. Take out chicken and put in noodles.
3. Cut chicken into bite-size pieces and put back into the kettle.
4. Cover kettle, turn heat down to medium and cook until the noodles are tender, about 20 to 25 minutes.

Serving Size: 1 ¼ cups, Calories: 139.6,
Fat: 1.4g, Saturated Fat: 0.3g,
Cholesterol: 32.2mg, Sodium: 24.7mg,
Carbohydrates: 24.6g, Protein: 6.7g,
Fiber: 1.4g



Baked Salmon

Source: National Heart Lung and Blood Institute • www.nhlbi.nih.gov/health

Ingredients

- 1 cup nonfat sour cream
- 2 teaspoons dried dill
- 3 tablespoons scallions, finely chopped
- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 1½ pounds salmon fillet with skin
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- nonfat cooking spray

Preparation

1. Whisk sour cream, dill, scallions, mustard and lemon juice in a small bowl to blend.
2. Preheat oven to 400°F.
3. Lightly coat baking sheet with cooking spray.
4. Place salmon, skin side down, on prepared sheet.
5. Sprinkle with garlic powder and pepper.
6. Spread with the sauce.
7. Bake salmon about 20 minutes. Makes 6 servings.

Serving Size: 1/6 of prepared salmon, Calories: 196, Fat: 7g, Saturated Fat: 2g, Cholesterol: 76mg, Sodium: 229mg, Carbohydrates: 5g, Protein: 27g, Fiber: less than 1g



My Healthy Eating Goals

1 _____

2 _____

3 _____

4 _____



Talk with your healthcare provider or a registered dietitian about setting simple goals to improve your eating habits.

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