

Dietary Guidelines for Americans 2005

Make Smart Choices From Every Food Group

Fruits, vegetables, whole grains and milk products are all important to a healthy diet. These foods are also good sources of the nutrients deficient in the diet of most Americans. Adults lack calcium, potassium, fiber, magnesium and vitamins A (as carotenoids), C and E. Children and adolescents need to increase their intake of calcium, potassium, fiber, magnesium and vitamin E.

Using food to obtain these nutrients is best rather than relying on a vitamin supplement. Foods contain not only vitamins, minerals and fiber but hundreds of other naturally occurring substances that include carotenoids, flavonoids, isoflavones and other phytochemicals that may protect against chronic health conditions. Here are the key recommendations for food groups to encourage.

Recommendation #1: Eat 2½ cups of vegetables each day.

For a 2000-calorie intake, eat 2 ½ cups of vegetables each day. Select from all 5 subgroups of vegetables several times a week.

| <i>Vegetable Subgroup</i> | <i>Recommended amount per week (for a daily intake of 2,000 calories)</i> |
|---------------------------|---|
| Dark green vegetables | 3 cups per week |
| Orange vegetables | 2 cups per week |
| Legumes (dry beans) | 3 cups per week |
| Starchy vegetables | 3 cups per week |
| Other vegetables | 6 ½ cup per week |

Dark Green Vegetable Ideas: Try arugula, beet greens, bok choy, broccoli, collards, kale, mustard greens, romaine lettuce, spinach, swiss chard, turnip greens, water cress.

- Add romaine lettuce, fresh spinach leaves or water cress to your sandwich.
- Make a salad with romaine lettuce or fresh spinach instead of iceberg lettuce.
- Stir in a handful of chopped greens to your favorite soup.
- Enjoy an omelet or frittata made with spinach, swiss chard or kale.
- Add bok choy or broccoli to favorite stir fry.
- Stuff a baked potato with broccoli or creamed spinach

Orange Vegetables Ideas: Try carrots, sweet potatoes, pumpkin and winter squash like acorn, butternut and butternut.

- Shred carrots into chili or spaghetti sauce.
- Microwave a sweet potato for lunch.
- Make sweet potato fries using peeled, diced sweet potatoes.
- Serve baked winter squash in place of potatoes at dinner.
- Stir mashed sweet potatoes into pancake or waffle batter. Or use in a quick bread.
- Add shredded carrots to chicken salad or tuna salad.

Beans and Legume Ideas: Try adzuki beans, black beans, black-eyed peas, chick peas (garbanzo beans), cow peas, kidney beans, lentils, lima beans, navy beans, pinto beans, red beans, soybeans, split peas.

- Add ½ cup kidney beans or garbanzo beans to your salad.
- Enjoy a cup of black bean soup, lentil soup or split pea soup.
- Serve classic Mediterranean dishes that use beans like Minestrone soup or pasta fagioli.
- Serve a side of baked beans or refried beans for dinner.
- Order a bean burrito or add pinto beans to your taco.

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Recommendation #2: Eat 2 cups of fruit each day.

Eat 2 cups of fruit every day if your calorie needs are about 2,000 calories per day. Choose fresh, frozen, canned or dried for most of your fruit choices while limiting fruit juice. How much fruit is 2 cups? One small banana (or ½ of a large), 1 medium orange, and ¼ cup of dried fruit is equivalent to ½ cup of fruit.

- Snack on frozen fruit like grapes, bananas, blueberries, strawberries
- Top sherbet or plain yogurt with fresh fruit.
- Add fresh fruit to breakfast cereals and oatmeal.
- Garnish a waffle or French toast with fresh berries, bananas or cinnamon applesauce.
- Make a trail mix with dried fruit, nuts and cereal.

Recommendation #3: Make half your grains whole.

Based on a 2000-calorie meal plan, make 3 servings of your grains whole-grain foods. Try brown rice, bulgur (cracked wheat), kasha (buckwheat groats), millet, oatmeal, low-fat popcorn, barley, quinoa, rye, whole wheat pasta, bread and couscous.

- Use whole wheat bread, bagels, tortillas and pita bread for sandwiches.
- Start your day with a whole grain ready-to eat cereal or try a hot cereal like oatmeal or wheat bulgur.
- Snack on whole-wheat crackers, popcorn, snack mixes made with whole grain cereals or granola made from whole oats.
- Use pearl barley, brown rice or whole wheat couscous in recipes instead of pasta or white rice. Add to soups, casseroles and stuffing.
- Make whole grains your main course by topping them with vegetables, meat or cheese.
- Add leftover grains to soups or casseroles. Or marinate cooked grains in your favorite dressing and toss into salads.
- Use whole-wheat flour for half the white flour when making muffins, breads and pancakes.
- Cook grains with apple juice, dried fruit and sweet spices for a satisfying dessert.

Recommendation #4: Get 3 cups dairy foods daily.

Consume 3 cups of low-fat or fat-free milk or milk products each day. One cup is equal to one-cup of milk or yogurt, 1½ oz. of cheese, or 2 ounces of processed cheese.

- Make a fruit smoothie using yogurt and frozen fruit for a light, refreshing meal or snack.
- Use nonfat plain yogurt to replace part or all of the sour cream, mayonnaise or cream cheese in recipes.
- Use milk instead of water when making hot cereals or reconstituting canned soups

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Here are some delicious and nutritious recipe ideas to help increase intake in the food groups encouraged by the 2005 Dietary Guidelines. We hope you will enjoy these suggestions. Check each symbols noted at the title of each recipe for the food groups included.

Bulgur & Carrot Pilaf

The bulgur wheat boosts the fiber in this simple pilaf.

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| 1 Tbsp. olive oil | 1 large carrot, shredded (about 1 cup) |
| 1 Tbsp. butter | 1 cup bulgur wheat |
| 2 ounces fine egg noodles (about 1 cup) | 2 cups chicken broth or vegetable broth |

1. Heat the oil and butter in a medium saucepan over medium-high heat. When the butter melts, add the noodles and cook, stirring constantly, until lightly browned, about 2 minutes.
2. Stir in the carrot and bulgur. Add the broth and bring to a boil. Reduce the heat and simmer, covered, stirring frequently, until the liquid is absorbed, about 20 minutes.

Makes 5 servings. *Per serving: 195 calories, 6 g protein, 32 g carbohydrate, 6 g fiber, 6 g fat, 17mg cholesterol, 22 mg calcium, 1.1 mg iron, 116 mg sodium.*

From: *The Mom's Guide to Meal Makeovers by Janice Bissex, MS, RD and Liz Weiss, MS, RD, Broadway Books, 2004.*

Southwestern Bean Salad

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|---|------------------------------------|
| 1 can (19 oz.) kidney beans, drained and rinsed | 1 tomato, chopped |
| 1 can (16 oz.) chick peas, drained and rinsed | 1 green pepper, seeded and chopped |
| 1 can (8.75 oz.) corn, drained and rinsed | 1 cup baked free tortilla chips |
| 1/2 red onion, chopped | lettuce, shredded |
| 1 cucumber, peeled and diced | fat free Catalina salad dressing |

1. Mix all ingredients except tortilla chips.
2. Toss with salad dressing and sprinkle with chips.

Makes 6 servings. *Per serving (without dressing): 150 calories, 2 gm fat, 10 gm protein, 39 gm carbohydrate, 11 gm fiber, 0 mg cholesterol, 1.6 mg iron, 42 mg calcium, 170 mg sodium.*

Avocado-Yogurt Dip

Try this lighter version of the traditional guacamole. By substituting yogurt adds calcium:

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| 1 cup yogurt cheese (made from nonfat yogurt) | 1 clove garlic, minced |
| 3 Tbsp. cilantro, chopped | 2 tsp. jalapeno pepper, chopped |
| 1 tsp. cumin, toasted | 1 avocado |

- Make yogurt cheese by draining 3 cups of plain yogurt overnight. See directions above.
- Blend all ingredients in food processor until smooth.
- Serve with tortilla chips

To Make Yogurt Cheese: Put coffee filters in a colander and a bowl under the colander. Put yogurt on top of the colander and place in the refrigerator. Let drain overnight. Scrape yogurt off the filters. Use in recipes in place of mayonnaise, sour cream or cream cheese.

Makes 24 tablespoons. Per tablespoon: 21 calories, 3 gm protein, 1 gm fat, 2 gm carbohydrate, 0 mg cholesterol, 0 gm fiber, 0.21mg iron, 16 mg calcium, 8 mg sodium.

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Thirty-Minute Minestrone Soup with Kale

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| 6 cups water | ¾ tsp. dried basil |
| 2 cups baby peeled carrots, cut in half | ½ tsp. oregano |
| 16-oz. can Great Northern beans, drained & rinsed | ¼ tsp. black pepper |
| 14-½ oz. can peeled tomatoes, diced | 1 tsp. minced garlic |
| 1 cup chopped onion | 4 tsp. vegetable bouillon* |
| 1 small bunch fresh kale (about 4 cups tightly packed) | 10 oz. frozen green beans |
| ½ cup elbow macaroni, uncooked | ¼ cup Parmesan cheese |

1. In a large saucepan, combine water, carrots, tomatoes, onion, bouillon, garlic, basil, oregano and pepper. Bring to a boil over high heat.
2. Add green beans, kale and Great Northern beans. Return to a boil, stirring occasionally.
3. Add pasta. Return to a boil. Reduce heat, cover and simmer for 10 minutes or until pasta is tender.
4. Spoon into bowls and sprinkle with Parmesan cheese. Serve immediately.

* We recommend Better than Bouillon soup base.

Yield 8 servings. Nutrients per serving: 119 calories, 7gm protein, 26 gm carbohydrate, <1 gm fat, 6.5 gm fiber, 0 mg cholesterol, 99 mg calcium, 2.16 mg iron, 528 mg sodium.

Roasted Carrot, Lentil and Spinach Salad

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| 1 cup green lentils | 5 oz. baby spinach |
| 6 large carrots, peeled and diced | 3 Tbsp. white wine vinegar |
| 1 sweet onion, diced | 1 Tbsp. Dijon mustard |
| 4 Tbsp. olive oil, divided | |
| 1 tsp. herbes de Provence | |
| 1 tsp. salt | |
| Black pepper | |

1. Boil lentils in about 3 cups water for about 20-30 minutes; drain and rinse.
2. Toss together onion, carrot, 1 Tbsp. olive oil, herbs, salt and pepper. Roast at 375° oven for 30 minutes, until edges start to caramelize. Add to lentils.
3. Heat 1 Tbsp. olive oil in a large skillet; add spinach and stir till wilted. Add to lentil and carrot mixture.
4. Whisk together vinegar and mustard. Slowly add the remaining 2 Tbsp. olive oil and drizzle over lentil and vegetable mixture. Toss well and serve.

Makes 6 servings. *Per serving: 234 calories, 10 g protein, 29 g carbohydrate, 7g fiber, 9 g fat, 0 mg cholesterol, 72mg calcium, 2.6 mg iron, 522 mg sodium.*