



XHDT®

Cookbook

2024



TABLE OF CONTENTS

BREAKFAST

Breakfast Boost	4
Healthy Breakfast Sandwich	5
Vanilla Bean Smoothie	6

SOUPS, SALADS & STARTERS

Asian Chicken Noodle Soup	8
BBQ Roasted Cauliflower Bites	9
Black-Eyed Peas and Rice Salad	10
Cabbage Soup	11
Cilantro Lime Rice	12
Cowboy Caviar	13
Detox Red Beet Soup	14
Grilled Okra, Corn & Tomato Salad	15
Loaded Sourdough Bread	16
Mediterranean Feast	17
Mexican Street Style Cauliflower	18
Pineapple Cucumber Salad	19
Speedy Lentil Coconut Curry	20
Sweet Potato Casserole	21
Wild Jambalaya	22

MAIN COURSES

Cauliflower Rice Enchilada Skillet	24
Chicken w/ Mushroom Sauce	24
Creamy Tomato Salmon Skillet	26
Crock Pot Azteca Chicken & Rice	27
Crock Pot Chicken Tacos	28
Eggroll in a Bowl	29
Greek Sheet Pan Chicken	30
Korean Beef Rice Bowl	31
One-Pan Chicken Sausage Bake	32
Oven Baked Salmon w/ Veggies	33
Pan-Seared Salmon	34
Sausage, Zucchini & Tomato	35
Slow Cooker Pork	36
Spinach n Broccoli Enchiladas	37
Summer Zucchini "Pasta"	38
Sweet and Tangy Chicken Burgers	39

SNACKS & TREATS

Banana Walnut Bread	41
Cheesecake Bites	42
Easy Banana Bread	43
Low Cal Wendys' Frosty	44
Mini Pecan Pies	45
No Bake Cookies	46
No Bake Protein Balls	47
Oma's Peanut Butter Cookies	48

APPENDIX





BREAKFAST



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:





SOUPS, SALADS & STARTERS



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:



Chef's Note* This is a healthy alternative to something like Domino's stuffed cheesy bread, but made from scratch and packed with veggies. Plus sourdough is significantly healthier than normal bread, because fermented grains are easier to digest. The other nice thing about this recipe is that you can stuff it with whatever veggies you want to use up, the possibilities are endless!

INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:



MAIN COURSES



INGREDIENTS:



DIRECTIONS:

INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:

SNACKS & TREATS



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:



DIRECTIONS:

INGREDIENTS:



DIRECTIONS:

INGREDIENTS:



DIRECTIONS:

INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:



INGREDIENTS:

DIRECTIONS:

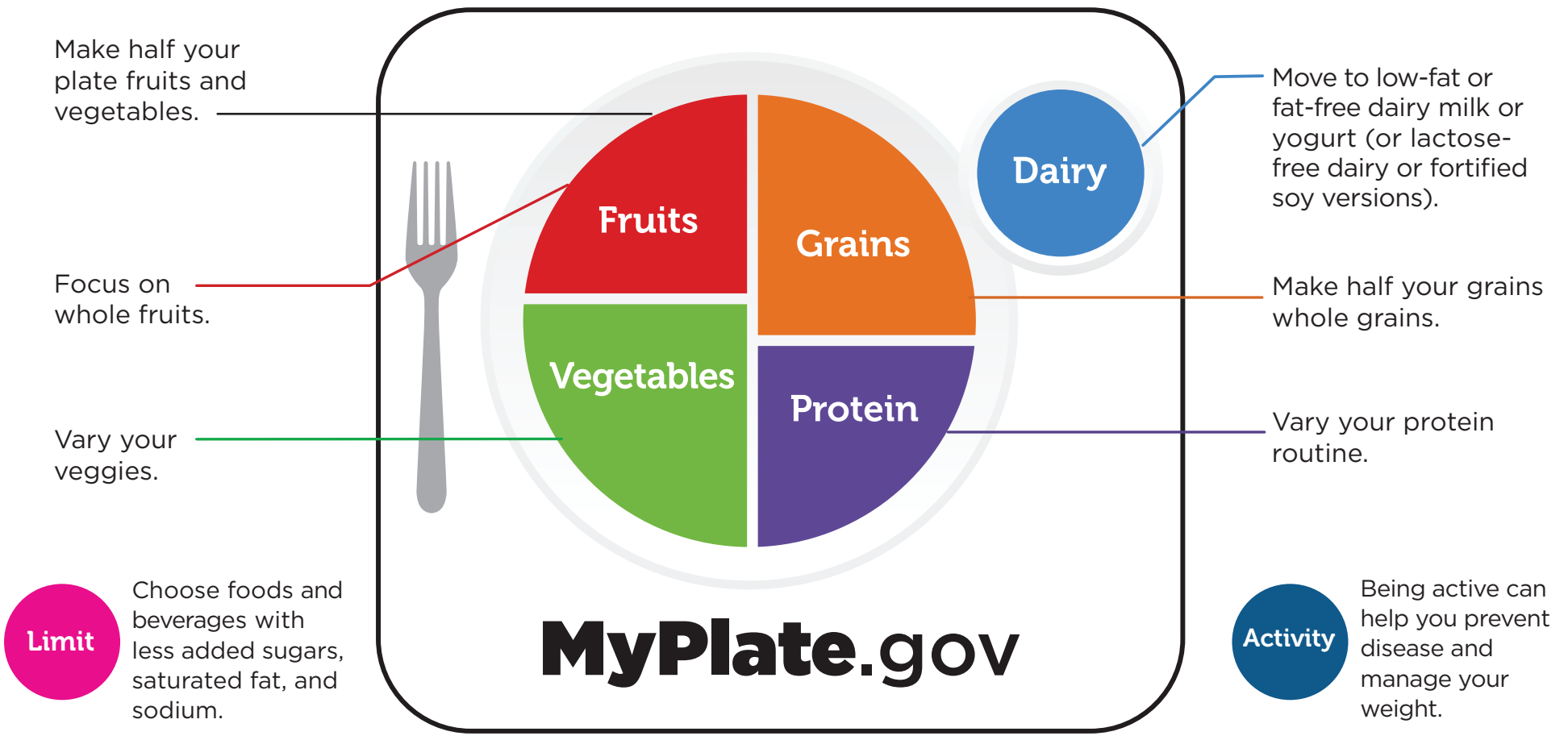


APPENDIX



Start *simple* with **MyPlate**

Healthy eating is important at every life stage,
with benefits that add up over time, bite by bite. Small changes matter.





Fruits

Focus on whole fruits like fresh, frozen, canned, or dried.

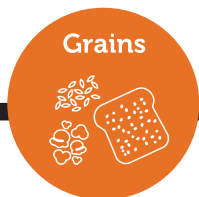
Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.



Vegetables

Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.



Grains

Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words “whole” or “whole grain.”



Protein

Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.



Dairy

Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.

Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.myplate.gov/MyPlatePlan) for a personalized plan.

2 cups

1 cup counts as:

- 1 small apple
- 1 large banana
- 1 cup grapes
- 1 cup sliced mango
- ½ cup raisins
- 1 cup 100% fruit juice

2½ cups

1 cup counts as:

- 2 cups raw spinach
- 1 cup cooked collard, kale, or turnip greens
- 1 small avocado
- 1 large sweet potato
- 1 cup cooked beans, peas, or lentils
- 1 cup cut cauliflower

6 ounces

1 ounce counts as:

- 1 slice of bread
- ½ cup cooked oatmeal
- 1 small tortilla
- ½ cup cooked brown rice
- ½ cup cooked couscous
- ½ cup cooked grits

5½ ounces

1 ounce counts as:

- 1 ounce cooked lean chicken, pork, or beef
- 1 ounce tuna fish
- ¼ cup cooked beans, peas, or lentils
- 1 Tbsp peanut butter
- 2 Tbsp hummus
- 1 egg

3 cups

1 cup counts as:

- 1 cup dairy milk or yogurt
- 1 cup lactose-free dairy milk or yogurt
- 1 cup fortified soy milk or yogurt
- 1½ ounces hard cheese
- 1 cup kefir



Limit

Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Activity

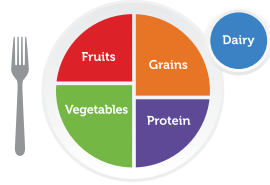
Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week



Start *simple*
with MyPlate



Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Read the label

The **Nutrition Facts label** shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you’re using. The sodium from these can add up quickly.



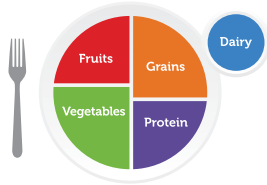
Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.



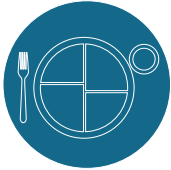


Start *simple*
with **MyPlate**



Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.

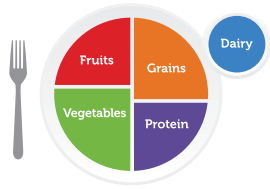


Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.



Start *simple*
with MyPlate



Cut Back on Added Sugars

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the [Nutrition Facts label](#) of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.

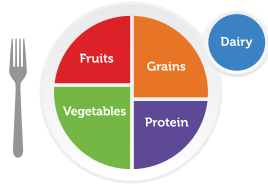


Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-9
March 2022

Start simple
with **MyPlate**



Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

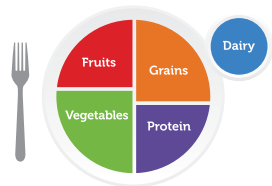
Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

Start *simple*
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

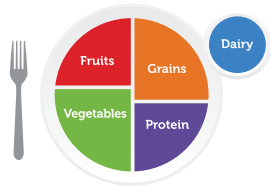


Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

FNS-905-23
March 2022

Start simple
with MyPlate



Enjoy Vegetarian Meals

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make simple changes

Create main dishes such as pasta primavera with vegetables and chickpeas, pizza topped with vegetables, veggie lasagna, tofu-vegetable stir-fry, and spicy bean burritos.



Think about plant-based protein

Eat a variety of plant protein foods such as black or kidney beans, cooked split peas, and yellow or green lentils. Nuts and seeds are also great options to help you meet protein needs.



Build strong bones with calcium

If you skip dairy, get calcium from fortified products like soy beverages, tofu, and some breakfast cereals and orange juices. Dark-green leafy vegetables like collard greens, spinach, and kale are sources of calcium, too.



Add nuts to your day

Choose unsalted nuts as a snack, or use them in salads or main dishes to bump up your protein, dietary fiber, and healthy fats. Slivered almonds or crushed walnuts are great on a green salad.



Have beans for lunch or dinner

Try a bean-based chili, three bean salad, or split pea soup. Because of their high nutrient content, beans, peas, and lentils, which are excellent sources of protein, fiber, folate, and several minerals, are recommended for everyone—vegetarians and nonvegetarians alike—because of their high nutrient content.

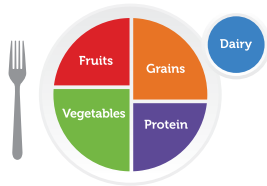


Enjoy a veggie snack

Snack on raw veggies and hummus—a Middle Eastern dip made from blended chickpeas (garbanzo beans). Hummus is rich in protein, dietary fiber, and several important minerals.



Start *simple*
with **MyPlate**



Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



Add fruit at dinner

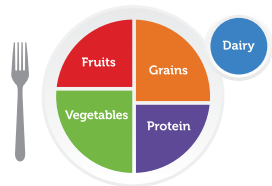
Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.



Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.

Start simple
with MyPlate



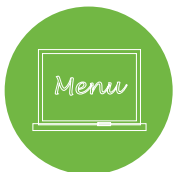
Grocery Shopping

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When grocery shopping, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you already have

When starting your grocery list, think about the five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Take a look at the foods you already have in your refrigerator, freezer, and pantry and shop for foods you may be missing.



Plan your weekly meals

Write down meals you want to make for the week. Think of creative ways to use some of the items you already have together with some new ones. Strive for a variety of foods in each of the food groups.



Remember the basics

Don't forget to include foods like fruits and vegetables, which may not be a part of a recipe but are great to have as snacks. Fresh, canned, frozen, dried, and dehydrated all count!



Keep organized for a quick exit

Finish your list by organizing needed items into groups, such as grocery sections or food groups. This helps to stay focused, buy only the items you need, and make a quick exit.



Look around for savings

Save more by using coupons, signing up for your store loyalty programs, buying foods on sale and in-season, or comparing brands and prices. Store brands are usually less expensive.

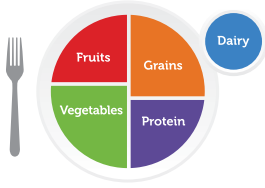


Read labels

Make the best choice for your needs by comparing nutrition and ingredient information by reading the food label or the [Nutrition Facts label](#). Look for those with less added sugars, saturated fats, and sodium.



Start *simple*
with **MyPlate**



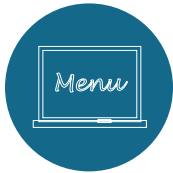
Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



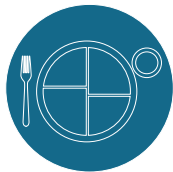
Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.

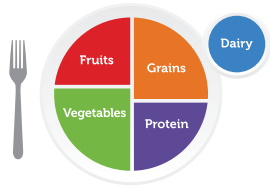


Offer nonfood rewards

Foods aren’t the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



Start simple
with MyPlate



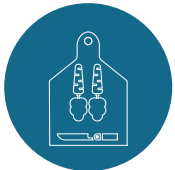
Healthy Food Prep

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



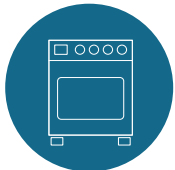
Think balance

Include a variety of delicious foods from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—when making meals.



Chop fresh produce in advance

Cut up fresh fruits like melons and pineapples, and veggies like carrots and broccoli, when you have a few minutes. Store them in the fridge for meals and snacks.



Bake, grill, broil, or roast

Limit frying—especially deep frying—to reduce saturated fat and calories in the dishes you make. Most recipes can be adapted for healthier cooking methods.



Sweeten foods with fruit

Mix fruit into plain yogurt, cooked oatmeal, and smoothies to sweeten without adding sugar. Or, use that plain yogurt, uncooked oats, and fruit for some overnight oats.



Find more flavor

Add a squeeze of lemon or lime juice to cooked vegetables and meat, chicken, or fish. Experiment with low-salt herbs and spices.

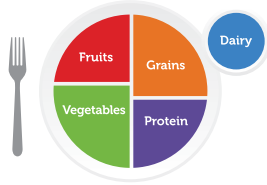


Read food labels

Use the [Nutrition Facts label](#) to find out how much added sugars, saturated fat, and sodium (salt) are in the packaged foods you eat. Adjust your cooking methods and other ingredients accordingly.



Start *simple*
with **MyPlate**



Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



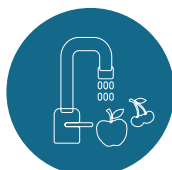
Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.

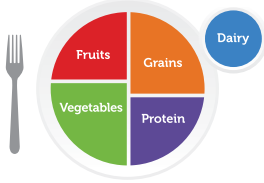


Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



Start *simple*
with **MyPlate**



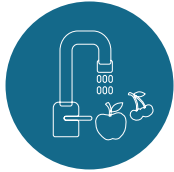
Kitchen Time-Savers

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Shop with a plan

Prepare a shopping list before you head to the store so you can focus on what you need. To go faster, organize your list by store sections such as “produce,” “frozen foods,” etc.



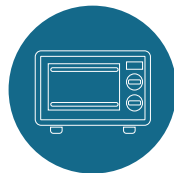
Prep ahead

When you have some time, wash, slice, and portion out fruits and veggies for quick snacks on-the-go. You can also prepare ahead some of the fresh ingredients for upcoming meals.



Enjoy veggies raw

Not cooking saves time, too! Cherry tomatoes, string beans, or sugar snap peas taste great as a side dish all on their own.



Use a toaster oven

Small, convenient, and quick-to-heat appliances can save both time and energy. They're perfect for broiling fish fillets, roasting small vegetables, or heating up a sandwich.



Plan for leftovers

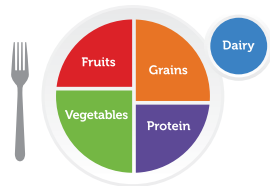
Make larger recipes with enough servings for multiple meals to use that week or freeze for later. This reduces the number of times you need to prepare meals.



Use a slow cooker

Save time with easy slow cooker meals that require little “supervision.” Slow cooker soups and stews are also a good way to use up fresh vegetables that may be a little past their prime.

Start simple
with MyPlate



Make Better Beverage Choices

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start simple with these tips today:



Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks usually contain a lot of added sugars.



Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to options for your kids. Serve 100% juice only on occasion.



Compare food labels

Use the [Nutrition Facts label](#) when shopping for beverages. Check and compare calories, amounts of added sugars, and servings per containers.



Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Go with low-fat milk and a sprinkle of cinnamon or nutmeg for a lower calorie coffee.



Grab a bottle on the go

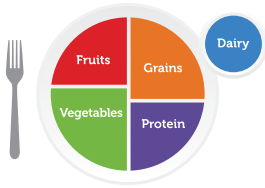
Carry a clean, reusable water bottle in your bag to fill up throughout the day. Tap water is usually easy to find.



Jazz up your drink

Perk up your plain water or seltzer water with lemon, lime, or orange slices. Maybe even try some fresh mint leaves or a few fresh or frozen berries.

Start simple
with MyPlate



Make Half Your Grains Whole Grains

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what grains to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



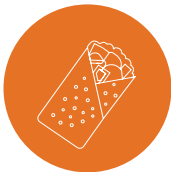
Have whole grains at breakfast

Enjoy a whole-grain hot cereal. Oatmeal is a favorite but consider trying a grain that's new to you, like buckwheat or millet. You might find a new breakfast favorite.



Enjoy a multigrain bowl

Create a one-dish meal by layering a mixture of grains like barley or wild rice with some colorful veggies and some low-fat cheese. Add your favorite protein and a dash of hot pepper sauce.



Swap your sandwich bread

Look for sandwich-type breads made with whole grains. Pita, tortillas, naan, sliced breads, and rolls are all available as whole grains.



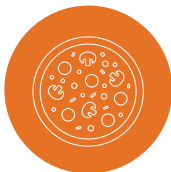
Choose whole-grain takeout

Ask about whole-grain options when dining out or ordering take-out food. For example, make a switch to whole-wheat pasta or brown or wild rice.



Experiment with a new grain

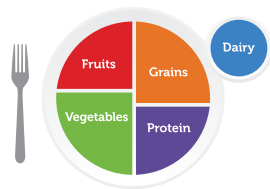
Cook a new grain like quinoa, amaranth, or millet. You can find cooking tips and recipes online. Grains are pretty versatile and also have lots of important nutrients.



Switch up pizza night

Create individual, homemade pizzas on whole-wheat English muffins or tortillas. Or, make a traditional pizza using a premade whole-wheat flour. Don't forget the veggie toppings.

Start *simple*
with MyPlate



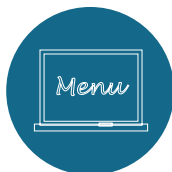
Meal Planning

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



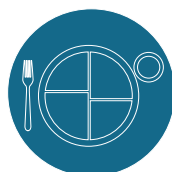
See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.



Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.



Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the [Nutrition Facts label](#).



Think about your schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.



Make a grocery list

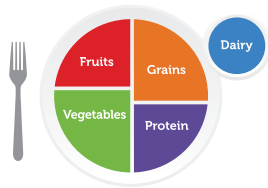
Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trips.



Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.

Start *simple*
with **MyPlate**



Move to Low-Fat or Fat-Free Dairy

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what dairy or fortified soy items to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include dairy in the morning

Enjoy a bowl of unsweetened cereal with low-fat or fat-free dairy milk or soy beverage. Or, top plain low-fat or fat-free yogurt with a serving of fruit and nuts to include two more food groups.



Look for calcium sources

If you don't consume milk, look for calcium-fortified foods—some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, are also good sources of calcium.



Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy beverage instead of water. Adding milk or soy beverage to smoothies, quiche, and mashed potatoes is another good idea.



Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.



Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy beverage is an easy way to drink a healthy calcium snack.

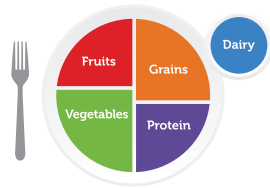


Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.



Start simple
with MyPlate



Rethink Fats

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Check the label first

Read the [Nutrition Facts label](#) on packaged foods. Choose products that are lower in saturated fat since these types of fat are less healthy.



Eat foods with healthy fats

Eat nuts, seeds, and fatty fish like tuna, salmon, and sardines. These foods, as well as vegetable oils like olive and canola, are good sources of unsaturated fat—a healthier fat option.



Limit saturated fat

Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.



Skimp on “solid fats”

“Solid fats” such as butter, shortening, and fat from meats are high in saturated fats. Switch to olive or canola oil for cooking and trim the fat when possible.



Swap the spread

Switch from butter and cream cheese on your toast to a nut butter or a spread of avocado and a squeeze of lemon. These spread options contain healthier fats.



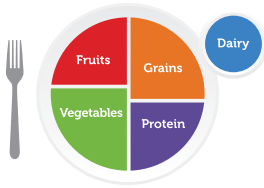
Customize your order

Order baked or steamed options instead of fried foods, especially deep-fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.





Start simple
with MyPlate



Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



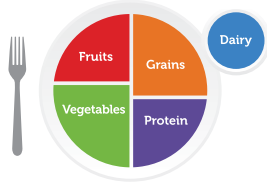
Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.





Start simple
with MyPlate



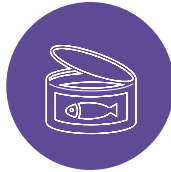
Vary Your Protein Routine

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what protein foods to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include protein in your snack

Try peanut or nut butter as a dip for apple or celery slices, or as a spread on whole-grain crackers. A hard-cooked (hard-boiled) egg with a dash of pepper also makes a good protein snack.



Keep seafood on hand

Canned seafood, such as salmon, tuna, or crab, is quick to prepare and enjoy. Canned items also store well.



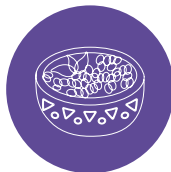
Add protein to your salad

Grilled chicken or shrimp adds tasty protein to a salad of mixed greens. Chickpeas or black beans are delicious, budget-friendly options, too.



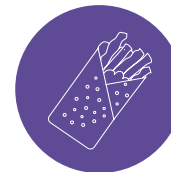
Take protein on the go

Pack a mixture of unsalted nuts and sunflower seeds for a crunchy snack. Add some dried fruit like raisins, cranberries, or chopped dates for a touch of sweetness.



Get creative with beans, peas, and lentils

Make chili or stews with kidney or pinto beans, have a bowl of split pea soup for lunch or dinner, or enjoy lentils as a side dish. Check online for recipe ideas.



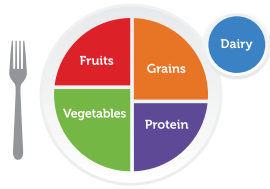
Serve up lean beef

Broil lean beef cuts like sirloin, top round, or flank steak. Sliced into strips, they're great over greens, in a sandwich, or as is.





Start simple
with MyPlate



Vary Your Vegetables

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Start your day with vegetables

Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition!



Add variety to salads

Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.



Try a stir-fry

Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for a quick meal. Add some tofu as a protein source.



Spruce up your sandwich

Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.



Go for a dip or a dunk

Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.



Take vegetables on the go

Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.



Cooking Measurement Conversions

Teaspoon & Tablespoon Measures

- Dash or pinch = $>1/8$ tsp
 - $1\text{-}1/2$ tsp = $1/2$ Tbsp
 - 3 tsp = 1 Tbsp; $1/2$ fl oz
 - $4\text{-}1/2$ tsp = $1\text{-}1/2$ Tbsp
 - 2 Tbsp = $1/8$ C; 1 fl oz
 - 4 Tbsp = $1/4$ C; 2 fl oz
 - 8 Tbsp = $1/2$ C; 4 fl oz
 - 12 Tbsp = $3/4$ C; 6 fl oz
 - 16 Tbsp = 1 C; 8 fl oz; $1/2$ pt
-

Cup Measures

- $1/8$ C = 2 Tbsp; 1 fl oz
 - $1/4$ C = 4 Tbsp; 2 fl oz
 - $1/3$ C = 5 Tbsp + 1 tsp
 - $1/2$ C = 8 Tbsp; 4 fl oz
 - $2/3$ C = 10 Tbsp + 2 tsp
 - $3/4$ C = 12 Tbsp; 6 fl oz
 - $7/8$ C = $3/4$ C + 2 Tbsp
 - 1 C = 16 Tbsp; 8 fl oz; $1/2$ pt
 - 2 C = 1 pt; 16 fl oz
 - 4 C = 2 pt; 1 qt; 32 fl oz
-

Pints, Quarts, Gallons & Pounds

- $1/2$ pt = 1 C; 8 fl oz
- 1 pt = 2 C; 16 fl oz
- 1 qt = 4 C; 32 fl oz
- 1 gal = 4 qt; 16 C
- $1/4$ lbs = 4 oz
- $1/2$ lbs = 8 oz
- $3/4$ lbs = 12 oz
- 1 lbs = 16 oz

Metric Volume Conversions

- 1 ml = $1/5$ tsp
 - 5 ml = 1 tsp
 - 15 ml = 1 Tbsp
 - 60 ml = $1/4$ C; 2 fl oz
 - 80 ml = $1/3$ C
 - 125 ml = $1/2$ C; 4 fl oz
 - 160 ml = $2/3$ C
 - 180 ml = $3/4$ C; 6 fl oz
 - 250 ml = 1 C; 8 fl oz
 - 375 ml = $1\text{-}1/2$ C; 12 fl oz
 - 500 ml = 2 C; 16 fl oz; 1 pt
 - 700 ml = 3 C
 - 950 ml = 4 C; 32 fl oz; 1 qt
 - 1 L = 33.8 fl oz
 - 3.8 L = 4 qt; 1 gal
-

Metric Weight Conversions

- 1 gr = 0.035 oz
 - 100 gr = 3.5 oz
 - 500 gr = 17.6 oz; 1.1 lbs
 - 1 kg = 35 oz; 2.2 lbs
-

Cooking & Oven Temperature

- 0°C = 32°F
- 100°C = 212°F
- 120°C = 250°F
- 160°C = 320°F
- 180°C = 350°F
- 190°C = 375°F
- 205°C = 400°F
- 220°C = 425°F
- 230°C = 450°F

Safe Minimum Internal Temperature Chart for Cooking

Food	Type	Internal Temperature (°F/°C)
Beef, bison, veal, goat, and lamb	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Casseroles	Meat and meatless	165°F (74°C)
Chicken, turkey, and other poultry	All: whole bird, breasts, legs, thighs, wings, ground poultry, giblets, sausage, and stuffing inside poultry	165°F (74°C)
Eggs	Raw eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160°F (71°C)
	Casseroles (containing meat and poultry)	165°F (74°C)
Ham	Raw ham	145°F (63°C) Rest time: 3 minutes
	Precooked ham (to reheat)	165°F (74°C) Note: Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
Leftovers	Any type	165°F (74°C)
Pork	Steaks, roasts, chops	145°F (63°C) Rest time: 3 minutes
	Ground meat and sausage	160°F (71°C)
Rabbit and venison	Wild or farm-raised	160°F (71°C)
Seafood	Fish (whole or filet), such as salmon, tuna, tilapia, pollock, bass, cod, catfish, trout, etc.	145°F (63°C) or cook until flesh is no longer translucent and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking

