

ADD VARIETY TO YOUR MEALS

GRAINS & STARCHES

Choose whole grains
Aim for at least 3 grams of
fiber per serving

Breads & Crackers

- Wheat, Rye

Cereals

- Bran, Oatmeal, Oat Bran, Muesli

Rice

- Brown, Red, Wild

Other Starches

- Corn or Whole Wheat Tortillas
- Whole Wheat Pita
- Whole Wheat Pasta & Noodles

Other Grains

- Barley, Buckwheat, Bulgur, Quinoa

Starchy Vegetables & Others

- Corn, Peas
- Potato, Okinawan (purple), Sweet Potato, Yams
- Poi, Taro
- Breadfruit, Green Banana
- Orange-colored Squash: Acorn, Kabocha, Pumpkin

VEGETABLES & FRUIT

Choose colorful produce in season.

RED:

Beets, Pepper, Radish, Tomato; Apple, Cherries, Cranberries, Grapefruit, Grapes, Guava, Pomegranate, Pomelo, Raspberries, Strawberries, Watermelon

ORANGE/YELLOW:

Carrots; Apricot, Cantaloupe, Grapefruit, Mango, Nectarine, Orange, Papaya, Peach, Persimmon, Pineapple, Star Fruit, Tangerine

GREEN:

Artichoke, Arugula, Asparagus, Bok Choy, Broccoli, Brussel Sprouts, Cabbage, Celery, Chinese Peas, Choi Sum, Collard Greens, Cucumber, Kai Choy (mustard cabbage), Kale, Lettuce, Marungay, Okra, Pak Choy, Peas, Pepper, Saluyot, Seaweed (wakame), Spinach, String and Long Beans, Sweet Potato Leaves, Swiss Chard, Ung Choi, Watercress, Won Bok, Zucchini; Apple, Grapes, Honeydew, Kiwi

BLUE/PURPLE:

Cabbage, Eggplant; Blackberries, Blueberries, Currants, Figs, Grapes, Plums, Prunes, Raisins

WHITE/BROWN:

Bean Sprouts, Cauliflower, Jicama, Mushroom, Ogo, Onion, Turnips; Banana, Dates, Pear

PROTEIN

Choose lean and local.

Fish & Seafood (cooked, raw or canned)

- Ahi, Aku, Akule/opelu, Anchovies, Catfish, Iriko (dried fish), Poke, Mackerel, Mahimahi, Saba, Salmon, Sardines, Tilapia, Tuna
- Shrimp, Imitation Crab, Tako

Lean Meats & Poultry

- Chicken or Turkey (without skin)
- Beef, Ham, Pork (loin or round cuts)

Eggs or Egg Substitute

Beans & Peas

- Beans: Black, Garbanzo, Kidney, Mungo, Navy, Pinto,
- Lentils
- Peas: Black-eyed, Split
- Soybeans (edamame)

Dairy or Soy (non-fat or 1%)

- Milk, Cheese, Cottage Cheese, Ricotta Cheese, Yogurt

Other Soy Foods

- Foo Jook (dried bean curd), Tempeh, Tofu
- Veggie Burger or meat-substitutes

FATS

Choose healthy fats.
Limit fried foods.

Use these healthy oils sparingly:

- Canola Oil
- Olive Oil
- Walnut, Flax Seed, Macadamia

Salad Dressings

- Light Mayonnaise
- Spritzers
- Vinaigrette

Non-Stick Cooking Spray

Nuts & Nut Butters

- Almond, Cashew, Macadamia, Peanut, Soy
- Walnut, Pecan, Pine, Pistachio

Seeds

- Flax, Pumpkin, Sesame, Sunflower

Other Foods

- Avocado
- Hummus
- Olives

Limit trans fats and partially hydrogenated oils.

THE HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small 8 to 9 inch plate.

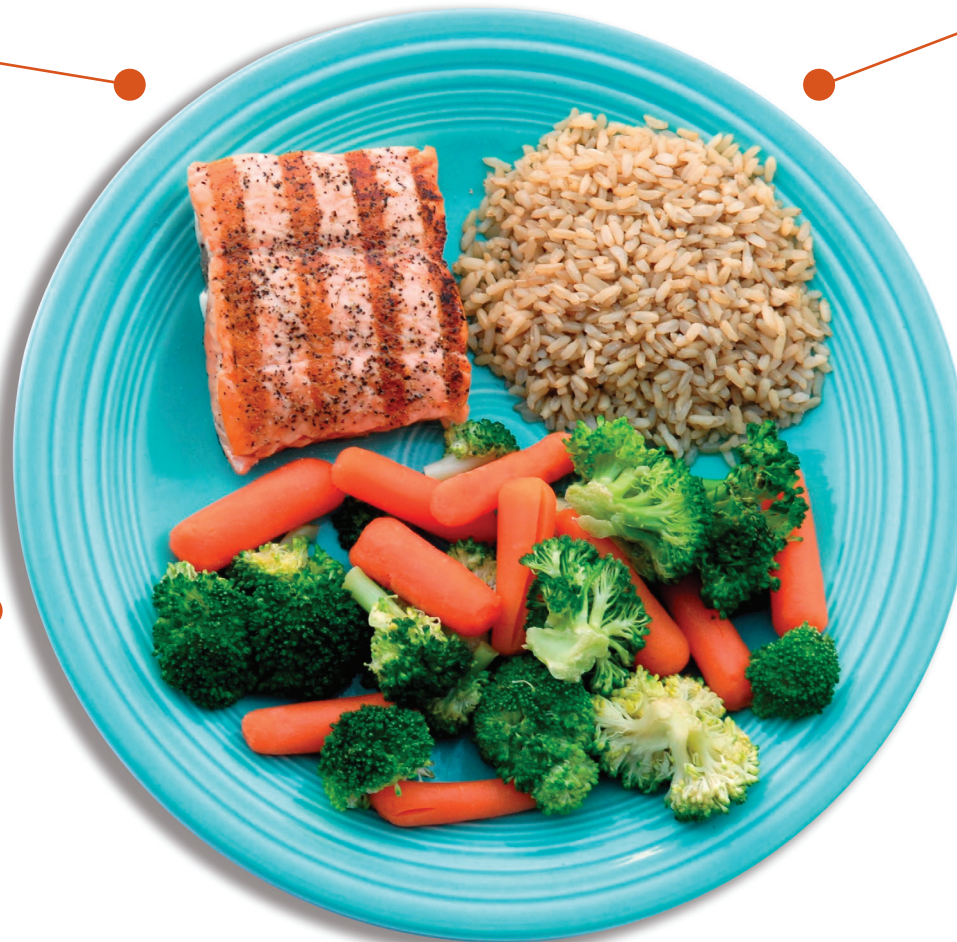
Use an 8 to 9 inch plate.



Fill one-quarter of your plate with a healthy protein source, such as fish, chicken, eggs, cooked beans, lentils, or tofu.



Fill one-quarter of your plate with healthy grains or starches such as brown rice, whole-wheat pasta, poi, taro, corn, peas, whole-grain bread, or corn or whole-wheat tortilla



Fill half of your plate with non-starchy vegetables, such as green beans, asparagus, tomatoes, or romaine or Manoa lettuce.

For good nutrition also choose each day:

- 2 to 3 small servings of fruit, such as an orange, banana, papaya, apple, or berries or melon.
- 2 to 3 cups of nonfat or low-fat milk or yogurt.
- A small amount of healthy fats, such as olive or canola oil, trans-fat-free margarine, or a small handful of nuts.