



◀ Eating Well with Traditional Flavors ▶

Mix and match foods you love to build a healthy eating pattern. That means including the right amounts of nutritious foods from all five food groups each day.



FRUITS



Apple
Berries
Date
Fig
Guava
Jackfruit
Lime
Lychee
Mango
Melon
Orange
Papaya
Persimmon
Pomegranate
Raisins
Sapote
Soursop

VEGETABLES

Avocado
Bell pepper
Cabbage
Carrot
Collard greens
Cucumber
Eggplant
Green beans
Jicama
Nopal
Okra
Onion
Plantain
Potato
Radish
Tomato
Yucca

GRAINS



Barley
Buckwheat
Bulgur
Chapati
Couscous
Corn bread
Flat bread
Masa harina
Millet
Noodles
Oatmeal
Pita bread
Polenta
Rice
Rye
Teff
Tortillas

PROTEIN FOODS

Beans
Beef
Chickpeas
Chicken
Eggs
Pork
Seafood
Shellfish
Tofu
Walnuts



Herbs and spices add flavor without extra salt, sugar, or saturated fat!

SPICES & HERBS

Basil
Cilantro
Cinnamon
Chili powder
Coriander
Cumin
Garlic
Ginger
Mint
Oregano
Paprika
Parsley
Red pepper
Turmeric

DAIRY



Buttermilk
Cheese
Cottage cheese
Kefir
Milk
Queso fresco
Soy milk
Yogurt



FLEXIBLE FAVORITES

Each food group offers a variety of options that you can mix and match to suit your lifestyle, personal preferences, and budget. Choose traditional and familiar foods with less added sugar, salt, and saturated fat to feel your best.





Sample Menu Plan



Enjoy a variety of nutritious traditional meals and snacks to meet your food group needs and delight your taste buds with different flavors.



BREAKFAST

DAY 1

Bugeoguk
made with pollack, sprouts, tofu, and dashi stock



DAY 2

Ful medames
made with fava beans, lemon juice and garlic broth; served with tomato, onion, parsley, and whole wheat pita



DAY 3

Jajecznicza na Kielbasie
eggs scrambled with kielbasa, onions, bell peppers; toast; orange juice



DAY 4

Korozott
toast topped with cottage cheese, herbs, and pickled radishes; coffee with milk



DAY 5

Pho
made with rice noodles, sliced beef, fresh herbs, and pickled condiments



LUNCH



Cubano
made with pork, Swiss cheese, and pickles



Poke bowl
made with tuna, seaweed, pork, taro leaves, taro root porridge, cabbage, chicken, rice noodles, coconut pudding



Borscht
beet soup topped with yogurt and served with bread



Chicken kabsa
made with chicken, tomatoes, carrots, raisins, and almonds; served with rice



Shish Taouk
made with chicken, chickpeas, bulgur, tomatoes, onion, mint, garlic, parsley, paprika, tahini, lemon juice, and olive oil



DINNER

Melting pot potluck
walnut shrimp with broccoli; egg noodles with pork; snapper, pickled vegetables, and white rice



Aijaco soup
made with chicken, pork, and potatoes; served with a cheese arepa



Pork meatballs
with rice noodles, greens, and pickled vegetables



Bulgogi
stir-fried pork with cabbage, carrots, onions, and chilis; served with steamed rice



Cheese quesadilla
flour tortilla filled with shredded cheese (Monterey Jack, cheddar, Oaxaca, or a blend)



SNACKS

Fruit and cheese charcuterie
apples with blue cheese



Horchata
Walnut dukkah
with pita bread and figs



Cafe latte



Yogurt parfait



Grapes with cheddar cheese



Dates and walnuts with milk



This sample menu meets the daily food group recommendations for individuals needing 2,000 calories per day:



2 cups fruit





Your Menu Plan



SAMPLE

Using Day 1
menu from
Sample Meal Plan

FRUITS

*¼ c orange juice
and lime juice
to cook pork

1 ¾ c apples*

VEGETABLES

*1 ¼ c sprouts
1 ¼ c broccoli,
pickled vegetables*

GRAINS

*4 oz baguette
2 oz rice*

PROTEIN FOODS

*½ oz pollack
1 oz tofu*
2 oz pork
2 ½ oz walnuts, shrimp,
pork, snapper*

DAIRY

1 ½ oz Swiss cheese
3 oz blue cheese**



DAY 1



DAY 2



DAY 3



*Quantity equivalents for each food group are:

Fruits/Vegetables (1 cup eq):

1 cup raw or cooked vegetable or fruit; 1 cup vegetable or fruit juice; 2 cups leafy salad greens; 1/2 cup dried fruit or vegetable

Grains (1 ounce eq):

1/2 cup cooked rice, pasta, or cereal; 1 ounce dry pasta or rice; 1 medium (1 ounce) slice bread, tortilla, or flatbread

Dairy (1 cup eq):

1 cup milk, yogurt, or fortified soy milk; 1 1/2 ounces natural cheese or 2 ounces of processed cheese

Protein Foods (1 ounce eq):

1 ounce lean meats, poultry, or seafood; 1/4 cup cooked beans or tofu; 1 tbsp nut or seed butter; 1/2 ounce nuts or seeds

