

🔷 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.





VEGETABLES







Berries

Date

Fig

Guava

Jackfruit

Lime

Lychee

Mango

Melon

Orange

Papaya

Persimmon

Pomegranate

Raisins

Sapote

Soursop

Avocado

Bell pepper

Cabbage

Carrot

Collard greens

Cucumber

Eggplant

Green beans

Jicama

Nopal

Okra Onion

Plantain

Potato

Radish

Tomato

Yucca

Barley

Buckwheat

Bulgur

Chapati

Couscous

Corn bread

Flat bread

Masa harina

Millet

Noodles

Oatmeal

Pita bread

Polenta

Rice

Rye

Teff

Tortillas

Beans

Beef

Chickpeas

Chicken

Eggs

Pork

Seafood

Shellfish

Tofu

Walnuts

DAIRY



Buttermilk

Cheese

Cottage cheese

Kefir

Milk

Queso fresco

Soy milk

Yogurt



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



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.











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





DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST

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



Ful medames

made with fava beans, lemon iuice and garlic broth: served with tomato, onion, parsley, and whole wheat pita

made with tuna, seaweed,

pork, taro leaves, taro root

porridge, cabbage, chicken,

rice noodles, coconut pudding



Poke bowl

Jajecznica na Kiełbasie

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



Korozott

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



Pho

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



LUNCH

Cubano made with pork, Swiss cheese, and pickles



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)



with milk

SNACKS

Fruit and cheese charcuterie apples with blue cheese



Horchata



Walnut dukkah with pita bread and figs



Cafe latte



Yogurt parfait



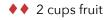
Grapes with cheddar cheese



Dates and walnuts

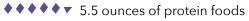


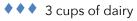
This sample menu meets the daily food group recommendations for individuals needing 2,000 calories per day:











Your food group requirements may be more or less depending on how many calories you consume each day.















SAMPLE

Using Day 1 menu from Sample Meal Plan 1/4 c orange juice and lime juice to cook pork

FRUITS

1 ¾ c apples

VEGETABLES

1 1/4 c sprouts 1 ¼ c broccoli, pickled vegetables 4 oz baguette 2 oz rice

GRAINS

PROTEIN FOODS

½ oz pollack 1 oz tofu*

2 oz pork

2 ½ oz walnuts, shrimp, pork, snapper

1 ½ oz Swiss cheese* 3 oz blue cheese*

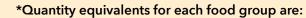


DAY 2





DAY 3



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

