

How to Build a Healthy Plate

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Fresh Resources Urban Initiative Team (FRUIT)



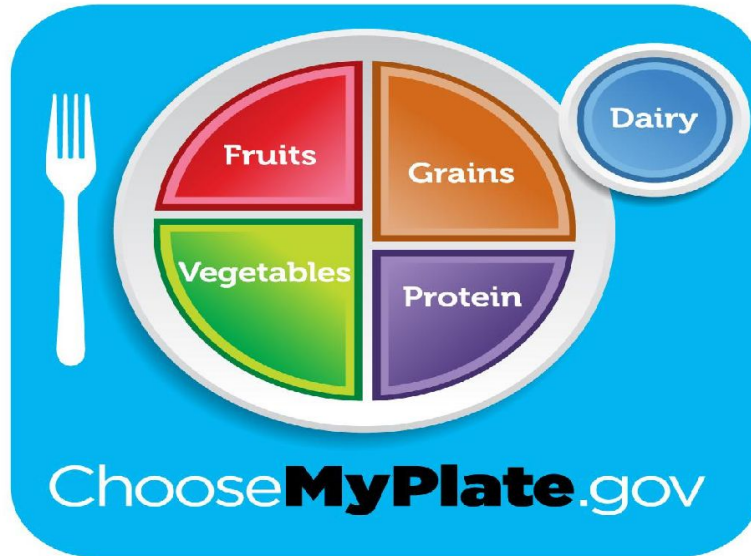
For more information on healthy eating choices, visit

www.choosemyplate.gov

For questions about FRUIT, email us at

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Building blocks for a healthy diet!



Food	Tips	Examples
Fruits	Focus on whole fruits. Fruits provide important vitamins and minerals—including potassium, vitamins A and C, and folic acid.	Apples, apricots, bananas, blueberries, cantaloupe, cherries, grapes, grapefruit, honeydew, kiwifruit, oranges, peaches, pears, pineapple, plums, raspberries, and strawberries
Vegetables	Vary your veggies. Low in fat and calories, vegetables may also protect against heart disease and certain cancers.	Asparagus, artichoke, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, dark green leafy lettuce, eggplant, green beans, mushrooms, onion, pepper, spinach, squash, sweet potato, tomato
Grains	Make half your grains whole grains. Whole grains contain fiber and key nutrients such as iron, magnesium, and folic acid. Make half of the grains you eat whole grains.	Brown rice, bulgur wheat, high-fiber cereal, oatmeal, whole-grain pasta, whole-grain bread, whole-grain tortillas, whole-wheat couscous
Protein	Vary your protein routine. Protein helps the body repair muscles and cartilage. When possible, choose lean proteins!	Lean proteins include: chicken or turkey without skin, fish (tuna, salmon, tilapia), lean cuts of beef or pork, tofu, beans, eggs, and peanut butter
Dairy	Switch to low-fat or fat-free milk and yogurt. Dairy products contain calcium that helps keep bones strong.	Good choices include low-fat cheese, yogurt, or cottage cheese, and low-fat or fat-free milk.

Make your plate a rainbow

Red		Red fruits and veggies like tomatoes and red cabbage contain lycopene and anthocyanins. These substances are found only in plants.
Benefits		Tips
Reduces risk of certain cancers	Reduces risk of diabetes	Eating whole fruits is better than taking the individual compounds as supplements.
Reduces risk of heart disease and stroke	Lowers risk of macular degeneration	Hot temperatures can damage peppers' nutrients, so it is best to eat them raw or cooked at low heat.
Soaks up damaging free radicals	Improves skin quality	Smaller strawberries have less water and more nutrients than larger ones.

Orange Yellow		Many orange and yellow foods like carrots and mango are full of carotenoids, which give them their sunny color. They also have an abundance of vitamins and fiber, which gives them their many health benefits!
Benefits		Tips
Improves your immune system	Promotes healthy joints	Eat the whole orange instead of juicing it. The pith (white substance) has lots of fiber.
Promotes eye health and protects vision	Protects the skin against the sun and pollution	Boiling sweet potatoes with the skin still on helps retain higher levels of vitamin C.
Reduces risk of certain cancers	Reduces risk of heart disease	Carrots should be boiled whole to retain more of the cancer-fighting compound inside.

Green		Green plants like spinach and brussel sprouts contain chlorophyll, which is packed with antioxidants. They are also loaded with phytonutrients and are a great source of fiber.
Benefits		Tips
Detoxifies the body and aids in tissue healing	Restores energy and increases vitality	Instead of using bread or tortillas, try wrapping your favorite sandwiches in lettuce.
Provides digestive enzymes	Boosts the immune system	Steaming broccoli instead of boiling preserves more nutrients.

Blue Purple		Blue and purple fruits and vegetables like eggplant and blueberries are loaded with anthocyanin and resveratrol, which are responsible for their deep color and many of their health benefits.
Benefits		Tips
Promotes healthy aging	Boosts memory and reduces risk of Alzheimer's	Eat blueberries raw because their valuable nutrients are damaged when cooked at high temperatures.
Protects cells from damage	Helps reduce inflammation	Blackberries have extensive health benefits, but contain fructose and should be eaten in moderation.

White		White fruits and vegetables like onions and garlic contain allicin and quercetin, which give them numerous health benefits.
Benefits		Tips
Keeps bones and teeth strong	Lowers the risk of heart disease	Allow potatoes to cool down after boiling to allow healthy starch to form.
Lowers cholesterol	Helps reduce inflammation	Don't store onions with potatoes as they tend to make them spoil faster.

Reading a nutrition label

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pay attention to the serving size! The amounts on the label are based on just one serving. Make sure you know how many servings you are eating!

Calories = energy. Make sure that your calories fit within your energy needs for the day.

Limit unhealthy fats. You should try to minimize saturated fats, and have no trans fats.

Try not to have more than 2,300 mg of sodium in a day.

When comparing foods, look for more fiber and less sugar. Especially limit added sugars.

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. Nutrition labels use 2,000 calories a day for their calculations.

Hearty Egg Burritos

Serves 4, 1 burrito per serving

Prep time: 20 min

Cook time: 20 min

Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove of garlic
- 2 ounces low-fat cheddar cheese
- 1 (15 ½ oz) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

Options:

- ⅓ cup nonfat plain yogurt
- ¼ cup fresh cilantro

Materials

Box grater - can opener - colander - cutting board - fork - measuring cups/spoons - medium skillet - paper towel - plate - rubber spatula - sharp knife - small bowl



Instructions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions, Remove core and dice bell pepper. Mince garlic. Grate cheese.
3. If using fresh cilantro, rinse and chop leaves now.
4. In a colander, drain and rinse beans
5. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until the peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
6. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
7. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like (about 3-5 minutes). If using cilantro, add now.
8. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
9. Fold tortilla over mixture and serve.

Chef's Notes

- Add color and flavor with fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, chopped cilantro, pinch of ground cumin (for heat).
- For a different flavor, use Monterey Jack or colby cheese instead of cheddar.
- Steam, saute, or grill mixed veggies and add to burritos.
- If you double the recipe, do not double cumin.
- Use 1 Tablespoon dried cilantro instead of fresh, if you like.

Nutrition Facts	
Serving Size 1 burrito	
Servings Per Recipe 4	
Amount Per Serving	
Calories 360	Calories from Fat 100
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 330mg	14%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Sugars 5g	
Protein 21g	
Vitamin A 20%	• Vitamin C 60%
Calcium 15%	• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.