

SuperTracker tips for each of the 5 food groups

434 total; 140 characters or less (suitable for Tweeting)

Grains	Add sweetness to your whole-grain cereals with fruit. Top cereal with sliced bananas, canned peaches, raisins or frozen fruit!
Grains	Use up leftover whole-grain bread or crackers as bulk in a meat loaf (or meat-less loaf). Check online for recipes.
Grains	Need a snack? Try a whole-grain snack chip, such as baked tortilla chips.
Grains	1 medium sized muffin is about 2.5 oz of grain. Do you know how many ounces of grain you need each day?
Grains	What do whole grains do for you? Whole grains provide many nutrients that are vital for the health and maintenance of our bodies.
Grains	Don't be misled about which products are whole grain. Read the ingredients list to look for whole grains as the first ingredient.
Grains	When choosing a whole grain product don't be fooled by the product's advertising. Look for "whole grain" in the ingredients list.
Grains	Breakfast cereal can be a great way to add fiber to your morning. Just be careful when choosing cereal, many contain added sugars!
Grains	Make croutons from whole-grain bread to use in salads.
Grains	Popcorn is a whole grain! Pop a bag of low-fat or fat-free popcorn for a healthier snack. 3 cups equals 1 oz of grains.
Grains	A regular-size slice of bread counts as 1 oz of grains. Use My Plan to see how many ounces of grains you need each day.
Grains	Many grain foods contain both whole grains and refined grains. These can count towards getting your whole grains.
Grains	Multi-grain, stone-ground, 100% wheat, cracked wheat, or seven-grain doesn't equal whole-grain. Look for the word "whole"!
Grains	Introduce whole grains bit by bit. Mix whole-grain cereal into your favorite cereal. Increase the whole grain amount slowly.
Grains	For a change, try whole-wheat pasta in macaroni and cheese or pasta salad.
Grains	Mix whole-grain cereal with unsalted nuts and dried fruit for a great afternoon snack.
Grains	1/2 cup of brown rice counts as 1 oz of whole grains. Use My Plan to see how many ounces of grains you need each day.
Grains	Whole grains are good for your health! Make at least half your grains whole to get the benefits.
Grains	Ready-to-eat, whole-grain cereal is a tasty whole grain snack. Check the Nutrition Facts label to find one that is lower in sugar.
Grains	Try a whole-grain pancake or waffle mix to start off your day. If made from scratch, use whole-wheat flour for half the flour.
Grains	Make mini pizzas with open face whole-wheat English muffins. Top with sauce, veggies and low-fat cheese for a tasty treat!
Grains	Sprinkle fiber rich, whole-grain cereal on top of low-fat yogurt for a snack.
Grains	1 cup cooked pasta or macaroni counts as 2 oz of grains. Use My Plan to find out how many ounces of grains per day you need.
Grains	Most "regular" size bagels weigh about 4 oz and ~290 Calories! That's 4 oz of your grain needs for the day.
Grains	Look for the following whole grains listed first on the label's ingredient list: brown rice, bulgur, graham flour, whole wheat, and oatmeal.
Grains	Make time for breakfast every day! Choose whole-wheat bread, oatmeal, or whole-grain waffles.
Grains	Whole-grain pasta is great in baked dishes (lasagna, mac & cheese). Give a taste test and see if anyone can tell the difference.
Grains	Having a snack attack? Reach for whole-wheat crackers - top them with hummus or a little peanut butter.
Grains	1 cup of ready-to-eat cereal (such as flakes) counts as 1 oz of grains. Use My Plan to see how many ounces of grains you need each day.
Grains	Whole grains can be a good source of dietary fiber--choose grains with more fiber for additional health benefits.
Grains	Shopping tip: find specials and coupons in your local paper or online for discounts on whole-grain products.
Grains	In pancakes and muffins, experiment with substituting half the flour with oat or whole-wheat flour. (They may need more leavening).
Grains	Use whole grains in mixed dishes, such as barley in vegetable soup or bulgur wheat in casseroles.

Grains	Get your whole grains while watching a movie at home - snack on popcorn with little or no salt and butter.
Grains	1 flour tortilla (8 inches in diameter) counts as 2 oz of grains. Use My Plan to see how many ounces of grains you need each day.
Grains	Eating at least 3 ounce equivalents a day of whole grains may help with weight management. Use SuperTracker to see how much you've had.
Grains	Some whole grains are a good source of fiber. Look for breads that have at least 3 grams of fiber per serving on the Nutrition Facts label.
Grains	When making home-made desserts--experiment. Replace half of the white flour with whole-grain flour, or look for whole grain recipes online.
Grains	Create a whole-grain pilaf using a mixture of barley, wild rice, and brown rice. Check online for recipes.
Grains	When eating out, ask for whole-wheat bread for your sandwiches.
Grains	Try something new--choose less common whole grains (amaranth, quinoa, millet, and triticale). Look for recipes online.
Grains	Just because bread is brown, doesn't mean it is a whole grain. Check for whole grains on the ingredients list.
Grains	Whole grains are great in mixed dishes. Try using brown rice in a casserole, or quinoa in a salad.
Grains	Try a rice and beans dish with brown rice or use whole-grain couscous, quinoa, or bulgur instead.
Grains	Five 100% whole-wheat crackers count as 1 oz of whole grains. Use My Plan to see how many ounces of whole grains you need each day.
Grains	Instead of eating a refined grain, switch it for a whole-grain food and look for one that is higher in fiber.
Grains	Use the food label to find whole grains such as whole rye, whole wheat, whole-grain corn and wild rice.
Grains	Make more brown rice than you need and freeze the rest for when you make a soup or casserole.
Grains	Brown rice is a great side dish. Try different ways of flavoring your rice dish. Look online for recipes.
Grains	Make half your grains whole! This includes rice, bread, crackers, cereal, popcorn--look for the word "whole" on the ingredients list!
Grains	Grains are divided into 2 subgroups, whole grains and refined grains. Make at least half your grains whole.
Grains	Read the ingredients list on food packages. The whole grain should be the first or second ingredient, after water.
Grains	Mix together brown rice and white rice in equal proportions to make half your grains whole!
Grains	Try rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
Grains	1 Kaiser roll (about 3.5 inches across) counts as 2.5 oz of grains. Use My Plan to find out how many ounces of grains per day you need.
Grains	Instead of adding more grains to your daily food plan, replace some refined grains with whole grains.
Grains	Replace refined grains with whole grains. Buy whole-grain versions of foods like bread or pasta.
Grains	Choosing whole grains that are higher in fiber may help reduce constipation. They also may reduce the risk of cardiovascular disease.
Grains	Get your whole grains by adding brown rice to soup for a hearty meal.
Grains	Try making a sandwich with 100% whole-wheat pita bread, whole-grain tortillas, or whole-wheat wraps!
Grains	1/2 cup of oatmeal counts as 1 oz of whole grains. Use My Plan to see how many ounces of grains you need each day.
Vegetables	Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.
Vegetables	Did you know there are over 100 varieties of squash? Check online for a new recipe today.
Vegetables	Try vegetables like asparagus, zucchini, squash, and artichokes to use in different dishes.
Vegetables	Can you name four different ways you like to eat tomatoes? Try something new and healthy like tomato pie recipe.
Vegetables	Rather than buying a vegetable pizza from a restaurant or a store, try sprucing up a cheese pizza with your favorite vegetables.
Vegetables	Don't know what to do with leftovers? Puree roasted vegetables with chicken stock to make a hearty and flavorful soup.
Vegetables	Need a snack? Have a glass of low-sodium vegetable juice and a few whole-wheat crackers to take away the hunger pangs.
Vegetables	Tip for eating out: Share entrées with a friend. Have one person order a meat dish, and the other order a vegetable dish or a large salad.

Vegetables	Keep vegetables separate from raw meat, poultry, and seafood while shopping, storing, and preparing.
Vegetables	Buy fresh, seasonal vegetables. They cost less and are more likely to be at their peak flavor.
Vegetables	To incorporate more vegetables into your pizza or pasta--blend carrots, zucchini or spinach into the tomato sauce. Look online for recipes.
Vegetables	Try different ways to use eggplant: Baba Ghanoush, eggplant parmesan, grilled eggplant sandwiches, or stuffed with rice and tomatoes.
Vegetables	Looking for a new way to eat Brussels sprouts? They can be boiled, sautéed, or oven roasted to go along with any meal.
Vegetables	Casseroles are a great way to serve vegetables, but they can contain lots of Empty Calories. Look for healthy versions online.
Vegetables	Make vegetables part of your lunch every day by eating veggie wraps, pizzas or sandwiches.
Vegetables	Vegetable or bean soups go towards your daily vegetable target. Choose lower sodium versions.
Vegetables	Try crunchy vegetables, raw or lightly steamed. They make a great snack or side dish.
Vegetables	Veggie sushi is an easy way to add some vegetables. Order sushi rolls with cucumbers, mushrooms, asparagus, and/or carrots.
Vegetables	Make each meal colorful by adding red, green, yellow, or orange vegetables to your plate.
Vegetables	Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens, baby carrots or celery sticks.
Vegetables	Make a mini pizza using a portabella mushroom for the crust. Top with tomato sauce, veggies, and low-fat mozzarella cheese, and broil.
Vegetables	Vary your veggies by adding a new vegetable to a different meal each day.
Vegetables	Plunge asparagus quickly into boiling water to blanch--then add to a pasta salad or serve as a side dish.
Vegetables	Green bean, broccoli, or spinach casseroles are a quick and easy way to serve vegetables--make them healthier with low-fat ingredients.
Vegetables	Use dark leafy greens, like romaine lettuce and spinach, to make salads. Add red and orange veggies for extra color and nutrition!
Vegetables	Add pureed vegetables, like carrots, sweet potatoes, and beans to soup for a thicker, heartier texture.
Vegetables	Vegetables go well with a dip or dressing. Try low-fat salad dressing with raw broccoli, red and green peppers, celery, or cauliflower.
Vegetables	Don't feel like cooking? When eating out, look for the vegetarian options on your menu as an easy way to meet your veggie goal.
Vegetables	Make it easier to include plenty of vegetables in your day by always having them on hand--fresh, frozen, and canned (choose no-salt-added).
Vegetables	For a quick and easy casserole, soup, or stir-fry, add frozen vegetables.
Vegetables	When getting fast food, order salad as your main dish or substitute a side salad for fries--ask for dressing on the side.
Vegetables	Cook it once, eat twice. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.
Vegetables	Make a healthy Southwestern dip with tomatoes, black beans, black-eye peas, and corn. Season with chili powder or jalapenos.
Vegetables	Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
Vegetables	Make a summer salad: Mix together diced tomatoes, cucumbers, and sweet onions with a citrus vinaigrette. Top if off with low-fat feta crumbles.
Vegetables	Add spinach and carrots to any soup, stew, or chili for added nutrients.
Vegetables	Jazz up your vegetables with low-fat dressings or dips. Try hummus or a bean spread as a dip for veggies.
Vegetables	Get your vegetables while eating out. Request extra vegetables on your sandwich or wrap to boost your daily intake.
Vegetables	Search for recipes online to make some of your favorite vegetables.
Vegetables	Does your produce keep going bad before you can eat it? Try frozen vegetables instead--they offer the same nutritional value.
Vegetables	Need to make dinner but have errands to do? Use a slow cooker to make a chicken and vegetable stew with plenty of tomatoes, potatoes and green beans.
Vegetables	Vegetables can be an easy part of picnics. Serve a bowl of raw veggies with a low-Calorie dip along with sandwiches.
Vegetables	Use your summer vegetables to make homemade salsa. Check online for recipes.

Vegetables	Add extra chopped vegetables (tomatoes, mushrooms, onions, or spinach) to store-bought pasta sauces. Simmer until vegetables are tender!
Vegetables	Add color to salads with baby carrots, shredded red cabbage, or green beans. Include seasonal veggies for variety throughout the year.
Vegetables	Tired of eating plain vegetables? Add slivered almonds or cashews to a vegetable stir-fry.
Vegetables	Serve sliced raw vegetables with a yogurt dip to take to a party.
Vegetables	Select vegetables with more potassium, such as beet greens, lima beans, spinach, and lentils.
Vegetables	Put rinsed and cut vegetables in a bowl or bag on a shelf in your refrigerator where you can see them.
Vegetables	Shopping tip: Find specials and coupons in your local paper or online for discounts on fresh, frozen, or canned vegetables.
Vegetables	Running short on time? Use a microwave to quickly "zap" vegetables. White or sweet potatoes can be baked quickly this way.
Vegetables	Make roasted tomatoes--Cut tomatoes into wedges, drizzle with olive oil, season with garlic and herbs. Roast and serve as a side dish.
Vegetables	Impress your guests and make a vegetable soufflé. Look online for ways to make corn, broccoli, or sweet potato soufflé.
Vegetables	Short on time: Buy ready-made pasta meals and add cooked vegetables such as broccoli, asparagus, or peas. Look for low-sodium pasta options.
Vegetables	Change up your salads. Add surprise ingredients to your routine salads, such as Swiss chard, mango, or tuna.
Vegetables	Try an Asian-inspired stir-fry: Sauté mushrooms, bean sprouts, bell peppers, onions, minced garlic and ginger. Serve with rice or noodles.
Vegetables	Keep a bowl of cut-up veggies in a see-through container in the refrigerator so they are easier to spot.
Vegetables	Select vegetables with more potassium, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice).
Vegetables	Make half your plate fruits and vegetables. Be adventurous and try a new fruit and vegetable each week.
Vegetables	Eat seasonally! Checking what vegetables are in season in your area can help save money and support your local farmers.
Vegetables	Don't forget to eat your greens! Collards, Swiss chard, mustard greens, kale, and broccoli rabe are tasty side dishes.
Vegetables	Puree your leftover roasted tomatoes and make an easy homemade soup. Check out recipes online for ingredients you'll need.
Vegetables	Serve an avocado salad with seafood or chicken. Look online for recipes.
Vegetables	Tired of marinara? For another vegetable-based pasta sauce, try spinach pesto. Look for recipes online.
Vegetables	Vary your veggies by including celery, lima beans, or squash in your meals.
Vegetables	Sick of the same old salad? Try tossing your frozen vegetables in a skillet and sauté for a quick, easy stir-fry meal.
Vegetables	In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
Vegetables	Popeye had it right--use spinach in a salad or to top off a sandwich. Try its cousins--kale and collards--in soups and side dishes.
Vegetables	Try growing your own vegetables and herbs. You can start small with a few pots on your balcony or deck.
Vegetables	While shopping, load up on packages of frozen vegetables. They cook in minutes with little preparation.
Vegetables	Give your cooked vegetables (broccoli, cauliflower, asparagus) a splash of lemon juice. This will keep them looking fresh and tasting great.
Vegetables	Butternut squash tastes great oven roasted and pureed. Use it to make it a soup or add it to risotto! Look for recipes online.
Vegetables	Corn is a great and affordable vegetable to cook all year long. Buy it fresh, frozen, or canned!
Vegetables	Try this pasta idea. Grate zucchini lengthwise and cook with onions, garlic, and a little broth until tender. Add to spaghetti pasta and serve.
Vegetables	Add veggies to any meal when you are in a hurry. Healthy short cuts include packaged shredded carrots or salads in a bag.
Vegetables	For a great quick and easy way to combine all your favorite vegetables, try a vegetable stir-fry.
Vegetables	Ordering in doesn't have to mean a meal without vegetables. Order vegetable pizza or vegetable lo mein next time you have dinner delivered.
Vegetables	Eat potatoes with the peel to get more nutrients like fiber, iron and potassium.
Vegetables	Here's a fun game to keep you focused on your veggies--how many red/orange vegetables can you name in 10 seconds? Eat one today!

Vegetables	Support your health and community by buying locally-grown vegetables. Try visiting a farmers market near you.
Vegetables	Add grated carrots for a surprising crunch to a peanut butter sandwich.
Vegetables	Enjoy preparing foods in different ways. You can steam, grill, stir-fry, roast or stew your vegetables for a change in texture and flavor.
Vegetables	Make stuffed bell peppers with brown rice and vegetables. Look online for recipes.
Vegetables	Add variety to your meals – try vegetarian options, like bean burritos, portabella mushroom burgers, or spinach lasagna.
Vegetables	Switch it up. Make vegetables your main-dish by topping a salad with your choice of a protein food.
Vegetables	Make a yummy homemade vegetable lasagna. Layer pasta, cooked vegetables, tomato sauce and sprinkle with low-fat cheese. Bake until ready!
Vegetables	Going out--think ethnic. Indian, Thai and Chinese dishes offer lots of yummy vegetable options.
Vegetables	Choose dark green vegetables like Swiss chard, spinach, and broccoli. They are high in nutrients and low in Calories.
Vegetables	Most vegetables are naturally low in fat, sodium, and Calories, so have them in place of high-Calorie snacks.
Vegetables	Try baked sweet potato fries instead of regular fries. Look for recipes online.
Vegetables	Vary your veggies. Try new vegetables and find recipes online. Why not try bok choy, artichokes, beets, or kale?
Vegetables	Serve an Italian favorite--bruschetta. It can be made with tomatoes, basil and olive oil. Check online for recipes.
Vegetables	Not sure if you will use the whole bag of spinach? Add baby spinach leaves to a stir-fry, pasta sauce, salads, wraps or omelets.
Vegetables	Vary your veggies by including beans or peas in mixed dishes such as chili or minestrone soup.
Vegetables	For something to snack on, use a yogurt dip to compliment raw vegetables. Look online for recipes.
Vegetables	When eating out, choose something at each meal that includes vegetables, such as a stir-fry, kebobs, or vegetable fajitas.
Vegetables	Rinse veggies under running water before preparing or eating them to remove dirt and microbes on the surface.
Vegetables	Stock up on frozen vegetables for quick and easy cooking in the microwave.
Vegetables	Make a sweet potato casserole healthier by adding fruits and 100% fruit juice for sweetness instead of brown sugar and marshmallows.
Vegetables	What could you do with radishes? Roast with other vegetables or eat raw on top of a salad for a spicy and crunchy texture.
Vegetables	Vary your veggies by munching on cucumbers, broccoli, or red and green peppers instead of chips when you have a sandwich at lunch.
Vegetables	Order veggie pizza with toppings like mushrooms, green peppers and onions - ask for extra veggies!
Vegetables	To thicken stews and soups use pureed, cooked vegetables such as carrots, onions or potatoes.
Vegetables	On a long drive or shopping trip, pack cut-up vegetables in a baggie. Skip the impulse to buy less healthful snacks.
Vegetables	Visit your favorite breakfast diner and order a veggie omelet to start your day with vegetables.
Vegetables	Rinse and rub veggies under running water so that dirt and microbes can't be transferred to the food when peeling and cutting.
Vegetables	Watch for sales on canned and frozen vegetables. Check for low sodium options and stock up on your favorites.
Fruits	Instead of butter and syrup, top pancakes with unsweetened applesauce and a sprinkle of powdered sugar.
Fruits	For dessert, have a baked apple or a pear, or browse online for another healthy fruit dessert idea.
Fruits	Use fruit in your holiday stuffing--try apples, cranberries, raisins, or prunes. Check online for recipes.
Fruits	For an easy breakfast or snack on the go, try a fruit smoothie with frozen peaches, berries, and low-fat yogurt.
Fruits	Choose fruit! Ask for fruit, like sliced apples, a fruit cup, or 100% fruit juice at a fast food restaurant instead of fried foods.
Fruits	Use thin-sliced lemons and lemon juice in soups, stews, salads and beverages.
Fruits	Keep up the good work! Fruits are an important part of your everyday meals and snacks.

Fruits	Most fruits are naturally low in fat, sodium, and Calories, so have fruit in place of high-Calorie desserts.
Fruits	Looking for a fast, fruity snack? Make a smoothie by blending plain yogurt with your favorite fruit. Freeze fruit first or add ice.
Fruits	Make fresh fruit snow cones using berries, pineapple, or other fruits. Check online for recipes.
Fruits	Is your fresh fruit salad turning brown? Mix in acidic fruits like oranges or pineapple (or lemon juice) to keep fruit looking fresh.
Fruits	Need a snack? Spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
Fruits	Pack 100% fruit juice for lunches versus soda or other sugar-sweetened beverages.
Fruits	Try a new fruit this week--visit an ethnic supermarket and buy something you haven't tried before.
Fruits	Vary the fruits you choose to get a wider range of nutrients.
Fruits	Make the majority of your choices whole or cut-up fruit rather than juice to get fiber.
Fruits	Keep frozen blueberries on hand. They make a great topping at breakfast for hot oatmeal, over yogurt or mixed into pancakes!
Fruits	Tasty and easy fruit sauces can be made in your blender. Try combining fruits, such as pear and mango, or a variety of berries.
Fruits	Include fruit at dinner! Add crushed pineapple to coleslaw or include orange sections or grapes in a salad.
Fruits	Keep a good selection of rinsed fruit in the fridge for a quick and refreshing snack. (Rinse berries just before serving.)
Fruits	Every fruit counts: Fresh, dried, frozen, and canned (in water or 100% juice)! Pick the one that works for you.
Fruits	Expand your fruit horizons--have you tried papaya, passion fruit, litchi, star fruit, or pomegranate?
Fruits	Try a new fruit. Fruits vary in vitamins and minerals--mix it up to get the essential nutrients.
Fruits	Make sure you buy enough fresh, canned, frozen, and/or dried fruit to last between shopping trips.
Fruits	Cut-up fresh or canned fruit (canned in juice or water) makes a great waffle topping--you can skip the syrup and whipped cream.
Fruits	Top slices of angel food cake with blended fresh or frozen strawberries and add a dollop of low-fat yogurt.
Fruits	Add fruit like pineapple or fresh chunks of peaches to vegetable and meat kabobs.
Fruits	Eat fruit as a between-meal snack instead of other high-Calorie foods.
Fruits	Try mixing different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
Fruits	Explore the dried fruit section--how about dates, figs, prunes, or dried apricots? They make great snacks!
Fruits	Eat the most perishable fruit first. Bananas only last a few days, while apples will stay crisp in the fridge for over a week.
Fruits	Eat seasonally! Checking what fruits are in season in your area can help save money.
Fruits	Add fruit to your brunch for additional color and flavor: sliced fruit or berries make a great topping on low-fat yogurt.
Fruits	Fruit purees make colorful sauces. Simply crush fresh fruit like strawberries or ripe peaches and serve over waffles or angel food cake.
Fruits	Make fruit kabobs using pineapple chunks, bananas, grapes, and berries. Use yogurt as a sauce for your fruity snack or side dish.
Fruits	Cut-up fruit makes a great snack. Cut them yourself, or buy pre-cut packages of fruit pieces like pineapple or melon.
Fruits	Add fruit like sliced apples, pears, or a few berries to your salad bowl.
Fruits	Keep dried fruits handy. Try dried apricots, bananas, apples, pineapple, cherries, figs, dates, or cranberries.
Fruits	Fruit is a very handy, ready-to-go food. Many kinds can be eaten with little to no preparation other than rinsing.
Fruits	Does your produce keep going bad before you can eat it? Try frozen fruit instead--they provide the same nutritional value.
Fruits	Include fruit at breakfast! Top cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
Fruits	Bring a healthy option to a summer celebration. Offer hot, grilled fruit kabobs or cold and colorful cantaloupe and honeydew skewers.
Fruits	Sprinkle cinnamon on sliced apples for a quick and easy cold snack, or try it heated in the microwave for a warm treat.
Fruits	Pack a fruit for lunch--tangerines, apples, bananas, or grapes pack well. Small containers of peaches or applesauce are easy and convenient!

Fruits	Choose 100% fruit juice when drinking juice, but eat whole or cut-up fruit more often.
Fruits	Fruit and plain low-fat yogurt go great together. Enjoy them for breakfast or as a snack.
Fruits	Take a walk around the block after dinner. If you are still hungry, have a piece of fruit instead of a rich dessert.
Fruits	Shopping tip: Find specials and coupons in your local paper or online for discounts on fresh, frozen, dried or canned fruits.
Fruits	Jazz up the standard breakfast--add blueberries, sliced banana, and other fruits on cereal or oatmeal--or have a grapefruit.
Fruits	Are you a fan of peanut butter and banana sandwiches? Try substituting other fruits.
Fruits	On long car trips, pack fruit to snack on! Bananas, apples, plums, grapes, and nectarines all travel well!
Fruits	To meet your fruit goal--keep fresh fruit rinsed and where you can see it. Reach for a piece when you need a snack.
Fruits	Be creative. When apples are abundant--make apple butter, to use in place of jam. Check online for recipes without added sugars.
Fruits	Rinse fruits under running water before preparing or eating them to remove dirt and microbes on the surface.
Fruits	Keep cut-up fruit at eye level in the refrigerator. It will be the first thing you see when you open the door!
Fruits	When shopping, head to the produce section first. Buy seasonally available fresh fruit for the best price and flavor.
Fruits	Don't want to eliminate all sweets? Try a drizzle of chocolate fudge sauce on a pear, banana, or berries..
Fruits	Serve a watermelon salad for a refreshing treat. Check online for recipes.
Fruits	Need a dip for your fruit? Mix plain yogurt with a dash of vanilla, or add your favorite spice, like cinnamon, for a new flavor.
Fruits	Fruit with a low-fat yogurt dip makes a great party snack. Use melon, apples, bananas, berries, grapes and provide toothpicks!
Fruits	Dried fruits make a great snack. They are easy to carry and store well. Just remember 1/2 cup dried fruit counts as 1 cup of fruit.
Fruits	Even if you don't eat the peel, rinse and rub fruit under running water before peeling or cutting so that dirt and microbes don't transfer.
Fruits	Fresh and frozen fruit such as raspberries, strawberries, blueberries and blackberries can be enjoyed throughout the year.
Fruits	When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
Fruits	Drizzle melted dark chocolate on your favorite berries for a special treat!
Fruits	Try a new recipe and get fruit into your dinner dishes--try chicken with apricots or lentils with apples and dried fruit.
Fruits	Make your own watermelon ice--it's a nice refreshment on a hot day. Check online for recipes.
Fruits	For a fun snack--dip a frozen banana in low-fat yogurt and roll it in crushed cereal.
Fruits	Craving something sweet? Instead of candy try having dried fruits like cranberries, cherries, or raisins.
Fruits	Keep fruits separate from raw meat, poultry, and seafood while shopping, storing, and preparing.
Fruits	If you get hungry before dinner is served, have a piece of fruit to tide you over.
Fruits	When shopping, choose some quick and easy fruits, like bananas or pre-cut pineapple chunks.
Fruits	Need a healthier dessert? Try baked fruit desserts. Check online for recipes that have little added sugars or solid fats.
Fruits	Add dried apricots or prunes to your slow cooker when making beef brisket. Check online for different recipes.
Fruits	Frozen juice bars (100% juice) count as fruit and make healthy alternatives to those that may contain a lot of added sugars.
Fruits	Cut your Calories by finishing your meal with a flavorful fruit salad instead of cookies or cake.
Fruits	Keep canned fruit (in 100% juice or water) like mandarin oranges on hand for a quick addition to any recipe--check for recipes online.
Fruits	Every day is a new day to meet your fruit goal! By keeping up the good work, it can become a habit.
Fruits	Support your health and community by buying locally-grown fruits. Try visiting a farmers' market near you.
Fruits	"Juice drinks" aren't real fruit juice--look for 100% juice on the label.
Fruits	When serving chocolate pudding-- top it with sliced strawberries or bananas and chopped nuts.

Fruits Add halved grapes to your chicken salad. Serve on a bed of greens or in a pita sandwich.

Fruits For a quick smoothie, try orange juice, non-fat yogurt, and frozen mango slices (or other fruit). Add ice, blend and enjoy!

Fruits Applesauce isn't just for snacks! Use it in place of some oil when baking. Experiment--replace some oil with the same amount of applesauce!

Fruits Dried fruit (raisins, dates, cranberries) and fresh fruit (chopped apples or pears) make a great combination. Add nuts for an extra crunch.

Fruits How many different fruit salads can you make? Share ideas with friends to create a variety.

Fruits Focus on Fruit! A diet rich in fruits and vegetables may decrease the risk of many chronic diseases. Keep working towards your fruit goal!

Fruits Make your own fruit sauce like strawberry rhubarb to use as a topping on frozen desserts, pancakes or waffles.

Protein Foods Top your salad with a hard cooked egg to add protein and other nutrients.

Protein Foods Be food safe! Cook whole cuts of beef, lamb, veal, and pork to 145°F. Let meat rest at least 3 minutes before carving or eating.

Protein Foods Meat contains protein, iron, magnesium, zinc, Vitamin E and B Vitamins. For less fat, go with lean cuts.

Protein Foods For an easy supper--slow cook skinned chicken pieces, veggies, and seasonings in reduced-sodium chicken broth.

Protein Foods Roasted pork tenderloin goes well with fruit. Serve with a fruit salad or a fruit salsa.

Protein Foods Chicken and white bean chili is a tasty way to combine protein foods with a great flavor and bounty of nutrients.

Protein Foods For car trips, pack a mixture of unsalted nuts, seeds and dried fruit for a crunchy, protein-packed snack.

Protein Foods Eat seafood in place of meat or poultry twice a week. Include some seafood high in omega-3s like salmon, trout, and herring.

Protein Foods An ounce equivalent of protein foods is 1 oz of meat, poultry, or seafood, ¼ cup beans, 1 egg, 1 T. peanut butter, or ½ oz nuts or seeds.

Protein Foods Cook eggs in low-fat ways--try hard cooked eggs, poached eggs, or baked eggs. Or, scramble in a non-stick pan without fat.

Protein Foods Be food safe! Cook poultry to 165° F, and chopped or ground beef, lamb, veal, and pork to 160° F.

Protein Foods Look for lower sodium choices in the deli. Choose lean deli meats instead of higher fat sausages, hot dogs, bologna, or salami.

Protein Foods Roast a whole chicken. When cooled, remove the skin, bones, and fat. Serve the meat as is, or use in a recipe.

Protein Foods Top loin pork roast is a lean cut of meat. Serve it sliced, and save the rest for another meal.

Protein Foods Make split pea soup with new flavors--try adding caramelized onions and cumin or different vegetables like pumpkin.

Protein Foods Walnuts are great in salads, and slivered almonds in veggie dishes. When you add nuts, cut back on meat or poultry portions in the meal.

Protein Foods Baking or grilling seafood high in omega-3s--like salmon, trout, Atlantic & Pacific mackerel, and herring--makes a quick and easy dinner.

Protein Foods Add protein to your salads. Try different ingredients like eggs, tuna, grilled shrimp, chickpeas, or black beans.

Protein Foods Enjoy eggs as your protein food choice--up to one a day, on average, doesn't raise blood cholesterol levels!

Protein Foods Skip or limit the breading on meat, poultry, or fish. Breading adds Calories and can increase the amount of fat soaked up during frying.

Protein Foods Choose lean ground beef. The label should say at least 92% lean. Look for ground beef that is 92% to 95% lean.

Protein Foods For a quick supper, simmer boneless skinless chicken breasts in tomato sauce with veggies and Italian seasonings. Serve over pasta.

Protein Foods For a flavorful pork picadillo stew--use lean pork with onions, peppers, tomatoes, raisins and green olives. Check online for recipes.

Protein Foods Make your own vegetarian burgers with cooked black beans, mushrooms, seasonings, and egg or oatmeal. Form into patties and pan grill.

Protein Foods Pack a peanut butter and banana sandwich with a bag of homemade trail mix for lunch.

Protein Foods Many seafood choices are low in mercury, including shrimp, salmon, sardines, oysters, clams, haddock, flounder, catfish, and tilapia.

Protein Foods Switch up your protein! Trade in your ham sandwich for one made with peanut butter, tuna, or canned salmon for some healthy variety.

Protein Foods For a breakfast that satisfies (and keeps you away from the mid-morning donuts)--add an egg.

Protein Foods Stews can make a small amount of lean meat or chicken go a long way. Check online for recipes.

Protein Foods	Make a main dish salad with thin slices of cooked lean beef and a little crumble of blue cheese on top of salad greens.
Protein Foods	A small amount of lean meat adds great flavor to dishes made with beans or whole grains. Try chicken chili or turkey barley soup.
Protein Foods	Add a vegetarian protein food to make a salad into a main dish--try garbanzo beans, kidney beans, soybeans or sunflower seeds.
Protein Foods	Jazz up raw vegetables with hummus dip or bean spread.
Protein Foods	Sunflower and pumpkin seeds, almonds, walnuts and peanuts are all protein foods. Use them in your meals or snacks.
Protein Foods	Serve seafood twice a week--it's simple! Make patties with canned salmon, crab, or tuna, or use them on a seafood sandwich.
Protein Foods	Visit My Reports to check out your Protein Foods history chart and see how you've been doing with your intake over time.
Protein Foods	For less cholesterol--replace some egg yolks with egg whites. Two egg whites = 1 whole egg.
Protein Foods	Curries and other ethnic dishes pair small amounts of meat or chicken with vegetables and seasonings. Check for recipes online.
Protein Foods	Make dinner once and serve it twice. Roast a larger cut of lean meat. Make a second meal using the 'planned-over' meat.
Protein Foods	Broil or bake chicken breasts marinated in lemon juice, oregano, garlic and oil for Mediterranean style flavor.
Protein Foods	Make beans, peas, and soy products part of your meals often. Try black bean burgers, hummus, or stir-fried tofu.
Protein Foods	Build a meal around beans or peas. Bean burritos are a quick and easy dinner entree.
Protein Foods	Peanut butter adds protein to a snack. Try it on apple slices, celery, whole grain crackers, or a small square of dark chocolate.
Protein Foods	Plan for 8 ounces of seafood each week--choose a variety of different kinds.
Protein Foods	Protein foods include: lean meats, seafood, poultry, eggs, beans and peas, nuts, seeds, and soy products.
Protein Foods	Keep your food safe! Wash your hands, utensils & cutting boards before and after contact with raw meat, poultry, seafood & eggs.
Protein Foods	Select lean choices--like turkey, roast beef, or chicken breast--for sandwiches instead of meats with more fat, like bologna or salami.
Protein Foods	For hamburger patties, meatloaf, or as an ingredient for casseroles, look for lean or extra-lean ground meat.
Protein Foods	Boneless chicken breasts are great for quick stir-fries--add peppers, onion, garlic, ginger...and red pepper flakes if you like heat!
Protein Foods	Build some meals around plant-based protein sources, such as beans, lentils, tempeh, and tofu.
Protein Foods	Can you make hummus? Blend canned chickpeas (garbanzo beans), garlic, olive oil, lemon juice & tahini (sesame seed paste). Enjoy!
Protein Foods	Add vegetarian meat substitutes (like tempeh or tofu) to soups and stews to boost protein without adding saturated fat or cholesterol.
Protein Foods	Add your favorite seafood to a salad or make a seafood omelet.
Protein Foods	Most people need from 5 to 7 ounces of protein foods a day. Check to see "What counts as an ounce" in the Protein Foods Group.
Protein Foods	Use a food thermometer to check the internal temperature of meat, poultry, and fish—you can't tell if it's cooked by the way it looks.
Protein Foods	Many lean cuts of meat need long, slow moist cooking--invest in a slow cooker for melt-in-your mouth meats without too much fat.
Protein Foods	Cuts of beef with less fat--round steaks, roasts, top loin, top sirloin, and chuck shoulder--are all lean protein food choices.
Protein Foods	Enjoy preparing chicken in different ways. You can roast, stew, sauté, broil or bake it for a variety of dishes.
Protein Foods	Not all protein foods come from animals. Vegetarian options include beans, peas, nuts, nut butters, seeds, and soy products.
Protein Foods	For a plant-based protein meal, try bean burgers, lentil burgers, or pita halves with falafel (spicy ground chick pea patties).
Protein Foods	Vary your protein choices at a barbecue. Try bean burgers, soy hot dogs, or grilled tofu. Use a low-salt marinade to add flavor.
Protein Foods	Tuna and a few whole wheat crackers make a great snack.
Protein Foods	To see if you're getting the right amount of protein foods each day, go to My Reports to see how you measure up.
Protein Foods	Separate raw meat, poultry, and seafood from other foods in your grocery cart and bags.
Protein Foods	For lean protein food choices, select boneless skinless chicken breasts, turkey cutlets, lean beef or pork cuts, or seafood.
Protein Foods	Broil lean beef cuts--sirloin, top round, or flank steak. Sliced into strips, it's great on a salad, sandwich or by itself.

Protein Foods	Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner, healthier meal.
Protein Foods	Beans and peas, like lentils, pintos, and split peas, are protein foods that are naturally low in fat. They make great side or main dishes.
Protein Foods	Serve ‘beans with greens’--add cooked cannellini beans to cooked, drained kale. Season with pepper, lemon juice and oil.
Protein Foods	Looking for plant-based protein? Give veggie burgers a try. Burgers made from beans, soy, or vegetables are available.
Protein Foods	Create some new seafood pasta dishes. Look on-line for easy recipes.
Protein Foods	When storing raw seafood, meat, and poultry, place them below ready-to-eat foods in the refrigerator.
Protein Foods	Try grilling, broiling, poaching, or roasting protein foods. These cooking methods don't add extra fat.
Protein Foods	Be sure to drain all fat off ground beef after cooking--for less fat and Calories.
Protein Foods	Choose lean meat cuts for casserole dishes, like lean pork loin or sirloin for tamale pie. Check online for recipes.
Protein Foods	Make beans and peas part of your meals often; try chili with kidney or pinto beans, lentil soup, or baked beans.
Protein Foods	Learn to love beans! Try black bean enchiladas, white bean spread or edamame (green soybeans).
Protein Foods	Check out the freezer section for seafood. Flash-frozen seafood retains the nutrients and taste of fresh seafood.
Protein Foods	For variety in your protein foods at breakfast, try hard cooked eggs, soy-based sausage, or peanut butter on toast.
Protein Foods	Three ways to thaw seafood, meat or poultry safely: In the refrigerator; in cold water, changed every 30 minutes; or in the microwave.
Protein Foods	Tostadas can be made in minutes by topping a toasted tortilla with cooked meat or chicken, beans, lettuce, and salsa.
Protein Foods	A chicken salad with chicken breast chunks, Romaine lettuce, veggies, and a vinaigrette makes a great lunch or dinner.
Protein Foods	Fresh pork is a good source of protein. The leanest choices include pork loin, tenderloin, center loin, and ham.
Protein Foods	Beans can be the basis for many dishes. Slow cook them with other vegetables and seasonings for low-cost, nutrient-packed meals.
Protein Foods	Nuts are a good source of protein but high in Calories. Keep portions small—1 ounce of almonds (25 nuts) has about 170 Calories.
Protein Foods	Choose seafood rich in omega-3 fatty acids often, like salmon, Atlantic or Pacific mackerel, Pacific oysters, trout, sardines, and herring.
Protein Foods	Choose unsalted nuts as a snack, on salads, or in main dishes. Use nuts to replace, not add to, other protein foods.
Protein Foods	Keep perishable protein foods out of the "danger zone"--temperatures between 40° and 140° F. Two hours is the limit.
Protein Foods	Check the Nutrition Facts label found on many packaged meats to compare Calories, sodium, and saturated fat.
Protein Foods	Bake or roast chicken instead of frying, and remove skin before eating, to lower saturated fat and Calories.
Protein Foods	Make hot sandwiches for supper, with roasted lean pork or beef topped with sautéed onion and peppers. Top with reduced fat cheese and melt.
Protein Foods	Three-bean salads add protein and are great as side dishes, main dishes, or snacks with tortilla chips.
Protein Foods	Add toasted peanuts or cashews--instead of meat--as the protein food in a vegetable stir-fry.
Protein Foods	Add tuna or shrimp to your salad for a seafood twist!
Protein Foods	Eat a variety of protein foods. Include beans, peas, nuts, lean meats, poultry, soy products & eggs. Choose seafood twice a week.
Dairy	Instead of high fat pasta sauces like alfredo, try part-skim ricotta mixed with pesto for a creamy sauce.
Dairy	To get calcium at lunch, use low-fat cheese on your sandwich.
Dairy	Whole milk and regular cheese are higher in saturated fat. Low-fat or fat-free versions have the calcium without the fat.
Dairy	Calcium is a nutrient of public health concern. You can meet your calcium needs by drinking fat-free milk or eating low-fat yogurt.
Dairy	Use low-fat milk to make bread pudding. Check online for recipes.
Dairy	Make a switch to fat-free milk. If you currently drink whole milk, first switch to reduced fat (2%), then low-fat (1%), and then fat-free (skim).

Dairy	Make a healthier quiche by using low-fat milk and reduced-fat cheese in your recipe.
Dairy	Combine plain yogurt with your favorite low-fat salad dressing for a different veggie dip.
Dairy	Love cheesy mashed potatoes? Look for low-fat cheese blends or part-skim ricotta--to whip into your creation.
Dairy	Eat dairy for a snack on the run--grab low-fat cheese sticks, yogurt, or a home-made smoothie.
Dairy	Check the Calories on dairy product labels. Choose the lower Calorie versions--those that are low-fat or fat-free, without added sugars.
Dairy	Milk and milk products are the primary source of calcium in American diets. Use My Plan to see how much you need each day.
Dairy	For dessert, make a sugar-free chocolate or butterscotch pudding with fat-free or low-fat milk. Check online for recipes.
Dairy	If you are lactose intolerant--try lactose-free milk or calcium-fortified soymilk (soy beverage).
Dairy	Make a breakfast-on-the-go smoothie by blending fat-free yogurt or milk with vanilla extract and a frozen banana.
Dairy	For breakfast try low-fat or fat-free yogurt. Mix in cereal or fruit for extra flavor, texture and nutrients.
Dairy	To get some extra dairy, add some shredded low-fat cheese to tuna casserole.
Dairy	What's <u>not</u> part of the Dairy Group? Foods made from milk that have little or no calcium like cream cheese, cream, and butter.
Dairy	Avoiding milk because you are lactose intolerant? Get the health benefits of milk by selecting lactose-free dairy products.
Dairy	What's the issue with <u>whole</u> milk? An 8-oz glass contains about the same amount of saturated fat as 5 strips of bacon.
Dairy	Cream of tomato soup made with fat-free milk is a delicious way to get your vegetables and dairy.
Dairy	Adding 8 oz. of low-fat or fat-free milk to your meal is one of the easiest ways to get dairy.
Dairy	Replacing sour cream with low-fat yogurt in recipes will reduce the Calories and add calcium.
Dairy	Instead of a donut, pick yogurt and fruit for breakfast!
Dairy	Make your own cheese spread for crackers--try low-fat ricotta blended with herbs such as oregano, dill, & chopped green onions.
Dairy	Keep your bones strong! Make the Dairy Group part of your eating routine to help maintain bone mass throughout life.
Dairy	In the Dairy Group, 1 cup = 1 cup milk, yogurt, or fortified soymilk (soy beverage); 1 ½ oz. natural cheese; or 2 oz. processed cheese.
Dairy	<u>Fat-free</u> milk has the same amount of calcium and other essential nutrients as <u>whole</u> milk, but less fat and Calories.
Dairy	Don't run out of milk. Keep low-fat evaporated milk handy. Add it to scrambled eggs or your morning coffee.
Dairy	Add calcium to your coffee or tea by switching from either half & half or cream to low-fat or fat-free milk.
Dairy	Did you know that calcium fortified soymilk (soy beverage) is considered part of the Dairy Group? Its nutrients are very similar to low-fat milk.
Dairy	Make twice-baked potatoes with plain yogurt instead of sour cream. Top with chopped green onions or chives.
Dairy	Try low-fat ricotta instead of cottage cheese--it has more calcium and works great in many recipes that call for cottage cheese.
Dairy	Milk and yogurt have more potassium and are lower in sodium than most cheese. Also, most milk is fortified with vitamin D.
Dairy	Looking for the best kinds of dairy products to control Calories? Choose fat-free or low-fat milk or yogurt.
Dairy	Cut the Calories but keep all the calcium--switch from whole (150 Calories) to low-fat (100 Calories) or fat-free (80 Calories) milk.
Dairy	Use fat-free evaporated milk in recipes in place of heavy cream for the rich smooth taste without the fat and Calories.
Dairy	You are more likely to drink what you buy--try to keep fat-free or low-fat milk on hand.
Dairy	Soymilk (soy beverage) fortified with calcium is a great alternative for those who don't or can't drink cow's milk.
Dairy	Craving ice cream? Choose fat-free frozen yogurt instead.
Dairy	Look for lower fat cheeses like part-skim mozzarella, or reduced fat versions of Monterey Jack, Swiss, Colby, Cheddar & Muenster.
Dairy	Dairy foods contain a wealth of nutrients. Besides calcium, they also give you vitamin A and D, protein, potassium and magnesium.
Dairy	Choose fat-free or low-fat milk or yogurt more often than cheese. When selecting cheese, choose low-fat or reduced-fat versions.

Dairy	A good way to start your day with dairy is to use fat-free or low-fat milk instead of water to make oatmeal or hot cereal.
Dairy	For a sweet treat, make a low-fat flan using fat-free evaporated milk. Check online for recipes.
Dairy	For a fast lunch or supper, melt low-fat cheese over bread, add sliced tomatoes and sprinkle on chopped herbs.
Dairy	Calcium-fortified soymilk (soy beverage) provides similar amounts of calcium as in milk. It is available in low and non-fat versions.
Dairy	Try substituting yogurt for butter or margarine in baked goods to keep them moist and lower in Calories.
Dairy	Add a tasty cheese topping--sprinkle shredded low-fat cheese on casseroles or vegetables.
Dairy	Dairy foods can reduce the risk of low bone mass or osteoporosis--so keep eating them throughout your life.
Dairy	Visit My Reports to check out your dairy history chart and see how you've been doing with your dairy intake over time.
Dairy	Add non-fat powdered milk to casseroles, soups or pasta dishes to get added calcium.
Dairy	If you order cappuccinos or lattes--ask for them with fat-free (skim) milk.
Dairy	Make twice-baked sweet potatoes using ricotta or other low-fat cheeses in place of sour cream or cream cheese.
Dairy	Fruit yogurt can contain added sugars--try mixing fresh fruit into plain yogurt instead.
Dairy	Try different types of cheese: Cheddar, Swiss, Parmesan, Monterey Jack, mozzarella, or ricotta cheese. Look for low-fat versions.
Dairy	Great job focusing on dairy! Foods in the Dairy Group provide nutrients such as calcium, potassium, vitamin D, and protein.
Dairy	Dairy foods provide calcium needed for bone growth and bone health throughout your life.
Dairy	Make pudding with low-fat milk, and top it with a sprinkle of cinnamon or sliced fruit.
Dairy	Make your coffee extra tasty--add hot, frothy low-fat milk and a sprinkle of cinnamon.
Dairy	Make a smoothie by blending fat-free milk or yogurt with fresh or frozen fruit. Try bananas, peaches, or mixed berries.
Dairy	Use low-fat buttermilk in pancakes or waffles for a weekend brunch. Look for recipes online.
Dairy	Some cheeses have a lot of sodium. Use them in small amounts to add flavor, and omit additional salt.
Dairy	Cream, sour cream, and cream cheese are not included in the Dairy Group because they contain little or no calcium.
Dairy	Shopping tip: Find specials and coupons in your local paper or online for discounts on low-fat or fat-free dairy foods.
Dairy	Soups and puddings made with fat-free or low-fat milk can help you get the dairy you need.
Dairy	Flavored milk has Calories from added sugars--try flavoring your plain low-fat milk with cocoa powder or vanilla extract.
Dairy	For a special treat, make homemade ice cream sandwiches using frozen yogurt and peanut butter between graham crackers.
Dairy	For dessert, try low-fat yogurt or pudding as a dip for fruits like strawberries or melon balls.
Dairy	Try a low-fat or reduced-fat Swiss cheese to get your calcium without all the sodium and fat.
Dairy	Osteoporosis (thinning of bones) can be reduced by routinely eating low-fat or fat-free dairy food --at all ages and stages of life.
Dairy	Some dairy products, like whole milk and cheese, contain solid fats, which provide Empty Calories. Choose lower fat versions more often.
Dairy	Cook your oatmeal or other hot cereal in fat-free or low-fat milk instead of water.
Dairy	Choose fat-free or low-fat milk as your beverage at meals for an easy way to get calcium.
Dairy	Chowders make a delicious supper dish --make your own with seafood, vegetables, and low-fat milk. Look for recipes online.
Dairy	People who are lactose intolerant may be able to tolerate some types of yogurt. Experiment with different types including those made from soy.
Dairy	Read the Nutrition Facts label when buying cheese--compare the saturated fat and sodium content and choose the one with the lowest amounts.
Dairy	In addition to getting calcium from milk and yogurt, you also get potassium, which can help your blood pressure.

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Challenge yourself to fit dairy into every meal--milk on your breakfast cereal, yogurt for lunch, milk-based soup at dinner.

Use fat-free or low-fat milk to make condensed soups such as cream of mushroom, tomato, potato, or chicken. Check for low sodium options.

Include milk as a beverage at meals. Choose fat-free or low-fat milk for less saturated fat and Calories.

Need dessert for a special treat? Make home-made custards with fat-free milk. Look online for recipes.

Greek yogurt makes a great substitute for sour cream--it is thick and rich tasting.