

Eat vegetables

- Start your meals with a salad or raw vegetables
- Experiment with new vegetables. Try some “new” kinds of greens in your salad. Try grilled or oven roasted vegetables.
- For a snack, choose raw vegetables with hummus or a low-fat dressing.
- Have fresh, frozen or canned vegetables on hand to add to soups, casseroles, chili, and pasta or rice dishes. (Add spinach, diced carrots, and extra onions to chili. Add broccoli to baked ziti. Add plenty of vegetables to jars of tomato sauce).
- To reduce sodium, use fresh, frozen, or canned vegetables without added salt.



Satisfy



Eat fruit

- Start your meal with fruit.
- Add fruit to your favorite yogurt, cereal, cooked rice, and tossed salad.
- Keep frozen fruit in your freezer; blend with yogurt for a great smoothie.
- Choose whole fruits, fruits canned in juice, and frozen fruits without added sugar.
- Replace part of the oil in baked goods with unsweetened applesauce.
- Fruit is a sweet way to end your meal.

**How to
Increase
Volume in Your
Meals**



Eat beans, split peas, and lentils

- Add beans (black, kidney, chickpea, soybean) or lentils to soups, stews, chili, salads, pasta, rice, casseroles, and pasta sauces.
- Enjoy split pea soup, lentil soup, and chili with kidney beans.
- Use hummus as a dip or sandwich spread.
- To reduce sodium, use dried beans that have been soaked and cooked or canned beans that have been rinsed and drained.



Eat Whole Grains (and not highly refined ones)

MyPlate recommends that at least half of the grains eaten each day should be whole grains, such as:

- High fiber ready-to-eat breakfast cereal.
- Cooked oatmeal or whole grain cereal.
- 100% whole wheat bread, buns, bagels, pita, English muffins, tortillas, and crackers.
- Brown rice, barley, bulgur, whole wheat couscous, farro, quinoa.
- Popcorn that is low-fat or air popped.

Note: It is important to substitute whole grain products for refined grain products, rather than adding whole grain products, in order to stay within your calorie goals.