

Dietary Guideline #3: Adequate Nutrients Within Calorie Needs



Goals:

1. Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
2. Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

MyPyramid

Choose healthy fats like olive, canola, or peanut oil. These fats will help to *lower* cholesterol! Limit items with added sugar. Sugar provides nothing by “empty” calories.

Eat lean meats, fish, beans, and nuts for protein, iron, zinc and essential fatty acids.

Aim for 3 servings of *low-fat* dairy per day for calcium and added weight loss benefits.



Eat **2 cups of fruit** and **2 ½ cups of vegetables**. Eat a variety of colors everyday to get the most benefits!

Eat at least 3 servings of *whole* grains for added vitamins, minerals, and fiber.

What is the DASH diet?

The DASH Diet for Control of High Blood Pressure		
Food group	Daily Servings	Nutritional Benefit
Low-fat or fat-free dairy	2-3	Calcium, potassium, magnesium and protein
Vegetables	4-5	Potassium, magnesium and fiber
Fruits	4-5	Potassium, magnesium and fiber
Whole grains and grain products	7-8	Carbohydrates and fiber
Meat, poultry and fish	2 or fewer	Protein and magnesium
Nuts, seeds and beans	4-5 per week	Magnesium, potassium, protein and fiber
Fats and oils**	2-3	This applies to added fat; all other food choices should be low-fat **Olive, canola, and peanut oils are best.
Sweets	5 per week	Make these treats low-fat whenever possible

MyPyramid & the DASH diet both contain much of the same information. They both focus on:

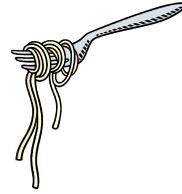
- Whole grains
- Fruits & vegetables
- Low-fat dairy
- Lean meats
- Healthy fats

By incorporating these foods into your daily intake, you will reduce your risk of heart disease, cancer, diabetes, and obesity.

Food Group Recipes



All recipes adapted from NDSU Extension Service Grain Group



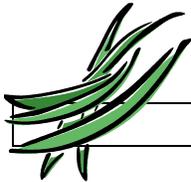
Angel Hair with Tomatoes, Basil and Garlic

Ingredients:

1 lb. angel hair or capellini pasta,
uncooked (substitute whole-wheat)
2 Tbsp. vegetable oil
1 Tbsp. minced garlic

5 c. tomatoes, diced
1/2 tsp. basil
3/4 c. low-sodium chicken broth
5 Tbsp. Parmesan cheese
Salt and freshly ground pepper to taste

Procedure: Prepare pasta according to package directions; drain. Heat oil in a large skillet over medium-high heat. Add garlic and cook for one minute. Add tomatoes, basil, salt and pepper. Cook for 3 minutes. Add hot pasta to skillet; toss well. Add chicken broth and stir. Toss with Parmesan cheese and serve immediately. Makes six to eight servings. Each serving contains 369 calories, 7 grams fat, 63.5 grams carbohydrate and 162 milligrams sodium.



Vegetable Group

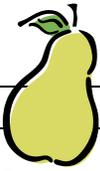
"Once around the Garden" skillet

Ingredients:

4 small zucchini, sliced
1 medium onion, thinly sliced
1 green pepper, chopped
2 Tbsp. olive oil
1 tsp. minced garlic
1 tsp. salt
1/8 tsp. pepper
2 tomatoes, diced
Parmesan cheese (optional)



Procedure: Carefully wash all produce. Remove stem and blossom ends from zucchini; do not pare. Slice zucchini into 1/4-inch slices. Heat oil and garlic in skillet. Add zucchini, onion, green pepper and spices. Cook until vegetables are crisp-tender, about 5 minutes. Add tomatoes. Cover and heat through, about 3 minutes. Sprinkle with Parmesan cheese and parsley if desired. Makes 4 servings. Each serving has 125 calories, 7 grams fat, 14 grams carbohydrate and 4 grams fiber.



Fruit Group

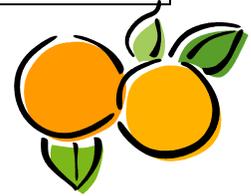
Grilled Fruit Kabobs

Ingredients:

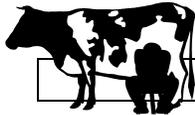
12 oz. hulled fresh strawberries
 11 oz. can mandarin oranges
 1 kiwi, quartered
 1 unpeeled red apple, cored and cubed
 1/2 honeydew melon or cantaloupe, balls
 Fresh wedges of pineapple

Glaze:

Juice of 1 lemon
 1/3 c. orange juice
 1 Tbsp. cornstarch
 2 Tbsp. honey
 Ground cinnamon, to taste
 3 tsp. chopped fresh mint



Procedure: In a small saucepan, dissolve cornstarch in lemon juice. Add remaining ingredients, except mint. Stir until mixture thickens; add mint. Place fruit on kabob skewers, and paint fruit with glaze. Broil or grill until fruit is cooked through and lightly browned. Serve immediately. Serves 4. A serving contains 185 calories, 4.2 grams of fiber and 1 gram fat.



Milk Group

Creamy Spinach and Yogurt Dip

Ingredients:

1 10-oz. box frozen chopped spinach, defrosted and squeezed
 2 c. plain yogurt, drained for 20 minutes
 1/2 c. low-fat ricotta cheese
 1/2 c. grated Parmesan cheese
 1/2 c. minced scallions
 2 Tbsp. chopped fresh dill (optional)
 Salt and black pepper, to taste



Procedure: Combine all ingredients in bowl. Mix well, cover and refrigerate. Serve with crackers or fresh vegetables. Makes 30 servings, 2 tablespoons per serving. Each serving contains 25 calories, 1 gram fat, 2 grams carbohydrates and 60 mg calcium.



Meat Group

Lemon Chicken

**Ingredients:**

3 tablespoons lemon juice	1/4 teaspoon salt
1 tablespoon vegetable oil	1/8 teaspoon dried basil
1 tablespoon finely chopped onion	4 skinless chicken breast halves
1 teaspoon Worcestershire sauce	

Procedure:

Mix together lemon juice, oil, onion, Worcestershire sauce, salt and basil. Place chicken pieces in shallow baking pan and pour lemon mixture over chicken. Bake chicken at 400 F until tender, about 1 hour, basting several times with liquid from pan. Makes 4 servings.