

**Eating Smart & Moving More  
Celebrating Healthy Families**

**Eating Smart**

**Five Tasty Ways to  
Plan Dinners with  
MyPyramid**

Variety is the spice of life and a delicious key to family nutrition, as well. Use MyPyramid's five food groups ([www.mypyramid.gov](http://www.mypyramid.gov)) to plan your family's meals. It is a quick and easy way to make sure that they get the 50+ nutrients needed for high energy and optimal health.

**Make half of your GRAINS whole.**

Whole grains add wholesome nutrients and fiber to any dinner. There are now more whole grains to choose from at the store. Go for the good stuff with whole-grain pastas, breads and rolls, as well as brown rice and bulgur (cracked wheat).

**Vary your VEGGIES.**

In the vegetable group, variety comes in many tasty flavors, colors, textures and forms. Mix and match as much as possible. Try a hot vegetable soup made with fresh carrots, frozen peas and canned corn cooked in a spicy tomato broth.

**Focus on FRUITS.**

The fall harvest offers a bounty of less expensive fresh fruits such as apples and pears – perfect for a delightfully nutritious dessert. Try apple slices with vanilla yogurt and a few walnuts – or pear halves drizzled with a little chocolate syrup.

**Get your DAIRY foods.**

3-A-day is what it takes. Three milk products a day serve up the vitamin D and calcium you need for strong bones and teeth (and to prevent some diseases too). At dinner, it's as easy as a glass of fat-free milk or cheese crumbles on a salad.

**Go lean with PROTEINS.**

Variety is the key here too! Nutrient-rich proteins make tasty entrées. Try beef or bean enchiladas, casseroles with canned salmon or tuna and skinless chicken breasts (baked, broiled, grilled, or stir-fried with colorful veggie strips).

**Recipes and menus galore – just click and cook:**

- [www.myeatsmartmovemore.com](http://www.myeatsmartmovemore.com)
- [www.mypyramid.gov/downloads/sample\\_menu.pdf](http://www.mypyramid.gov/downloads/sample_menu.pdf)
- [www.nal.usda.gov/fsn/Loving/GuidebookHabitsBW-3.pdf](http://www.nal.usda.gov/fsn/Loving/GuidebookHabitsBW-3.pdf)
- <http://recipefinder.nal.usda.gov/>



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