



# Jump Start Your Food Choices

## SMALL CHANGES THAT CAN MAKE A BIG DIFFERENCE

### Focus on Fruits

- Have a piece of fruit for a snack every day.
- Choose fruit more often than juice.
- When choosing juice, select 100% fruit juice.
- Use fruits in salads and for desserts and snacks.
- Cut up fruit on cereal, pancakes and waffles.
- Keep dried fruit like raisins or dried cranberries handy for snacks.
- Include canned and frozen fruits (choose those packed in lite syrup, fruit juice, or with no added sugar).
- Buy fresh fruits in season (check the supermarket ads for the best buys).
- Freeze ripened fruits like bananas for use later in smoothies.

### Vary your Veggies

- Choose fresh, frozen, or canned vegetables (rinse canned vegetables to remove extra sodium or choose no salt added versions).
- Choose dark salad greens over iceberg lettuce.
- Have salad or vegetable with dinner every night.
- Pack bite-size vegetables for lunch (e.g., baby carrots, green pepper sticks, cucumber slices, or grape tomatoes).
- Add chopped or pureed vegetables to casseroles, pasta sauce, quick breads, etc.
- Select a salad instead of fries.
- Try vegetable juice for variety (e.g., tomato, V-8, or carrot).

### Make Half Your Grain Whole

#### How can you tell if a food item is made from whole grains?

1. Check the ingredients – look for **“whole”** or **“100% whole”** in front of “wheat” or any other grain as the first ingredient.
2. Check the product name or description – look for the words **“whole”** or **“100% whole”**

#### Adding whole grains to your day

- Start your day with a whole grain cereal like Shredded Wheat, Frosted Mini-Wheats, Nutri-grain, Cheerios, Raisin Bran, Wheat Chex, oatmeal, Wheatena, etc.
- Buy a whole wheat bread, rolls, tortillas, pitas, crackers or pasta.
- Choose brown or wild rice.
- Check the Nutrition Facts panel for fiber content and choose more foods with 20% or more of the Daily Value for fiber.
- Substitute whole wheat flour for white flour in recipes (start with half).
- Be adventurous and try quinoa, bulgur, kasha, and other grains.
- Snack on popcorn (lite or low-fat varieties)

### Get your calcium-rich foods

- Drink fat-free or low-fat milk.
- Have low-fat yogurt as a snack.
- Choose low-fat cheeses like string cheese.
- Use lactose-free products if needed.
- Select non-dairy high-calcium foods and beverages (like fortified soy or rice milk).
- Select calcium-fortified orange juice.

- Choose tofu with added calcium.
- Try dark green leafy vegetables like broccoli, Chinese cabbage, collard greens, dandelion greens, kale, mustard greens, and turnip greens.
- Snack on a handful of almonds for some extra calcium as well as healthy fats, fiber and protein.

### Go Lean with Protein

- Select leanest cuts of meat and poultry. (Poultry: chicken or turkey without skin, Beef: round, chuck, sirloin or tenderloin, extra lean ground beef, or choose inexpensive ground beef and drain and rinse with hot water after cooking. Pork: tenderloin, loin chops.
- Eat fish and beans often.
- Have eggs for an inexpensive, excellent source of protein.
- Bake it, broil it, or grill it.
- Choose lean luncheon meats (e.g., chicken or turkey breast, ham).
- Spread peanut butter, hummus, or tahini on whole wheat bread, crackers, or tortillas.
- Have a vegetarian dinner once a week.
- Include nuts in snacks, salads, and main dishes.

### Saving Money When Food Shopping

- Make and use a shopping list.
- Foods in large packages or in bulk are usually cheaper.
- Compare cost using unit prices, which are usually on the shelf below the items.
- Sign up for store savings cards to receive special discounts.
- Shop when you're not hungry.
- Allow enough time to read labels and make healthy choices for your family.
- Plan your meals around rice, pasta and other grains, and vegetables. Use small amounts of meat, poultry, fish, or eggs since these tend to be more expensive.

### Cut back on foods high in solid fats, added sugars, and salt

#### Choose foods and drinks with little or no added sugars

- Drink water instead of sugary drinks.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.

#### Look out for salt (sodium) in foods you buy – it all adds up

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Add spices or herbs to season food without adding salt.

#### Eat fewer foods that are high in solid fats

- Make major sources of saturated fats – such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs – occasional choices, not every day foods
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt and cheese.
- Switch from solid fats to oils when preparing food.

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