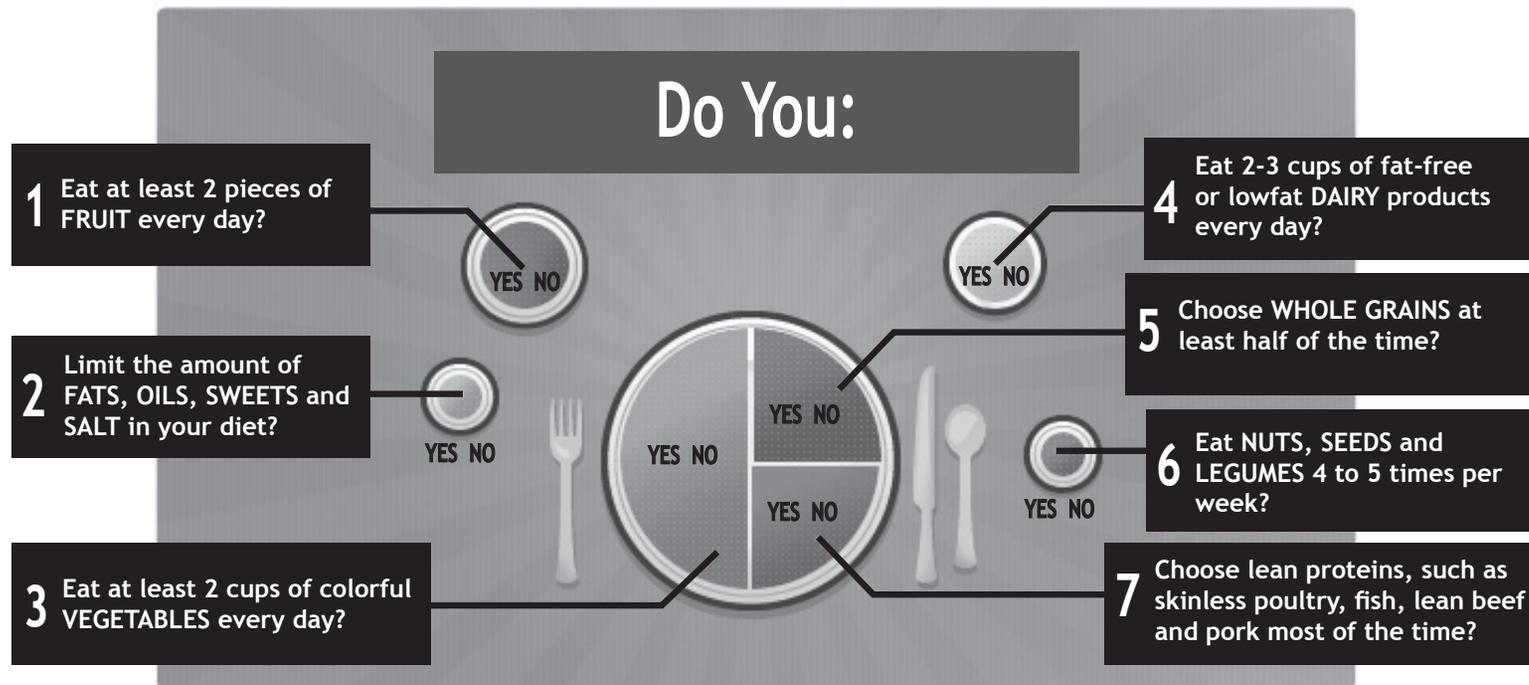


Rate Your Plate

How does your plate measure up?



How did you do?

If you answered “**yes**” to any of these questions, then you are already on the right track for that food group. Way to go and keep up the good work!

If you answered “**no**” to any of these questions, choose one of the food groups to start with and begin to shift gears to a DASH approach.

What changes are you ready to make at this time?

Get started by using the **DASH One Step at a Time** download at odncouncil.org/resources.

Rate Your Plate

Tips

Fruits

Do you eat at least 2 pieces of fruit every day?

Top your breakfast cereal with banana slices, berries, or dried fruit
Blend a smoothie with lowfat milk, yogurt, and fresh or frozen fruit
Add fruit to your salads, like apples, pears, orange sections, grapes, mangos or dried fruit
Top fruit with lowfat yogurt for a snack or dessert
Keep a bowl of fresh fruit handy for an easy grab-and-go snack



Whole Grains

Do you choose whole grains at least half of the time?

Make snack packs of whole grain cereal, dried fruit, nuts and seeds
Dip whole wheat pita bread or whole grain crackers in hummus or black bean dip
Start your day with cooked rolled oats with grated apple, walnuts and cinnamon
Make the switch to whole grain breads for your toast and sandwiches
Expand your whole grain horizons - try barley, bulgur, kasha, brown or wild rice, quinoa, or whole wheat pasta



Vegetables

Do you eat at least 2 cups of colorful vegetables every day?

Make your eggs more "incredible," scramble in some chopped spinach
Pile on the vegetables when making your sandwich
Start your meal with a fresh green salad
Pack two kinds of crunchy fresh vegetables in your lunch
Dunk sliced vegetables into low-fat hummus or tzatziki for a hearty snack



Lean Meat, Fish and Poultry

Do you choose lean proteins, such as skinless poultry, fish, lean beef and pork most of the time?

Prepare your recipes with skinless chicken or turkey
Choose extra-lean ground chicken, turkey or beef when at the meat counter
Look for lean cuts of beef and pork and trim off excess fat
Think of meat as a small part of the meal and not the center of the plate
Go for fish- baked, grilled, or poached; canned tuna, salmon and sardines count too



Fat-Free or Lowfat Milk and Dairy

Do you eat at 2-3 cups of fat-free or lowfat dairy products every day?

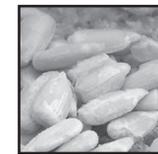
Order fat-free or lowfat milk instead of a soft drink
Substitute lowfat milk for cream or water in soup or sauce recipes
Sip a skinny café latte made with fat-free or lowfat milk
Pack single-serve containers of yogurt for a mid-meal snack
Stock up on mozzarella cheese sticks for a grab-and-go snack



Nuts, Seeds and Legumes

Do you eat nuts, seeds and legumes 4 to 5 times per week?

Snack on unsalted almonds to curb hunger between meals
Stir toasted walnuts into your morning bowl of oatmeal
Toss crunchy unsalted sunflower or pumpkin seeds on top of your salad
Load up your chili with extra pinto, kidney, and black beans
Try a vegetarian recipe made with beans and rice or tofu each week



Oils, Sweets, Salt and Alcohol

Do you watch the amount of fats, oils, sweets and salt in your diet?

Enjoy butter in small amounts - spread just enough for that sweet, creamy flavor

Try using only a teaspoon of oil when sautéing or scrambling eggs
Satisfy your sweet tooth by eating fruit for snacks or dessert
Add salt-free flavor to your food with herbs, spices, citrus juice, and vinegars
Try using only half of the salt in a recipe

Use Sparingly