

Smart Choices

A Community Nutrition Education Program



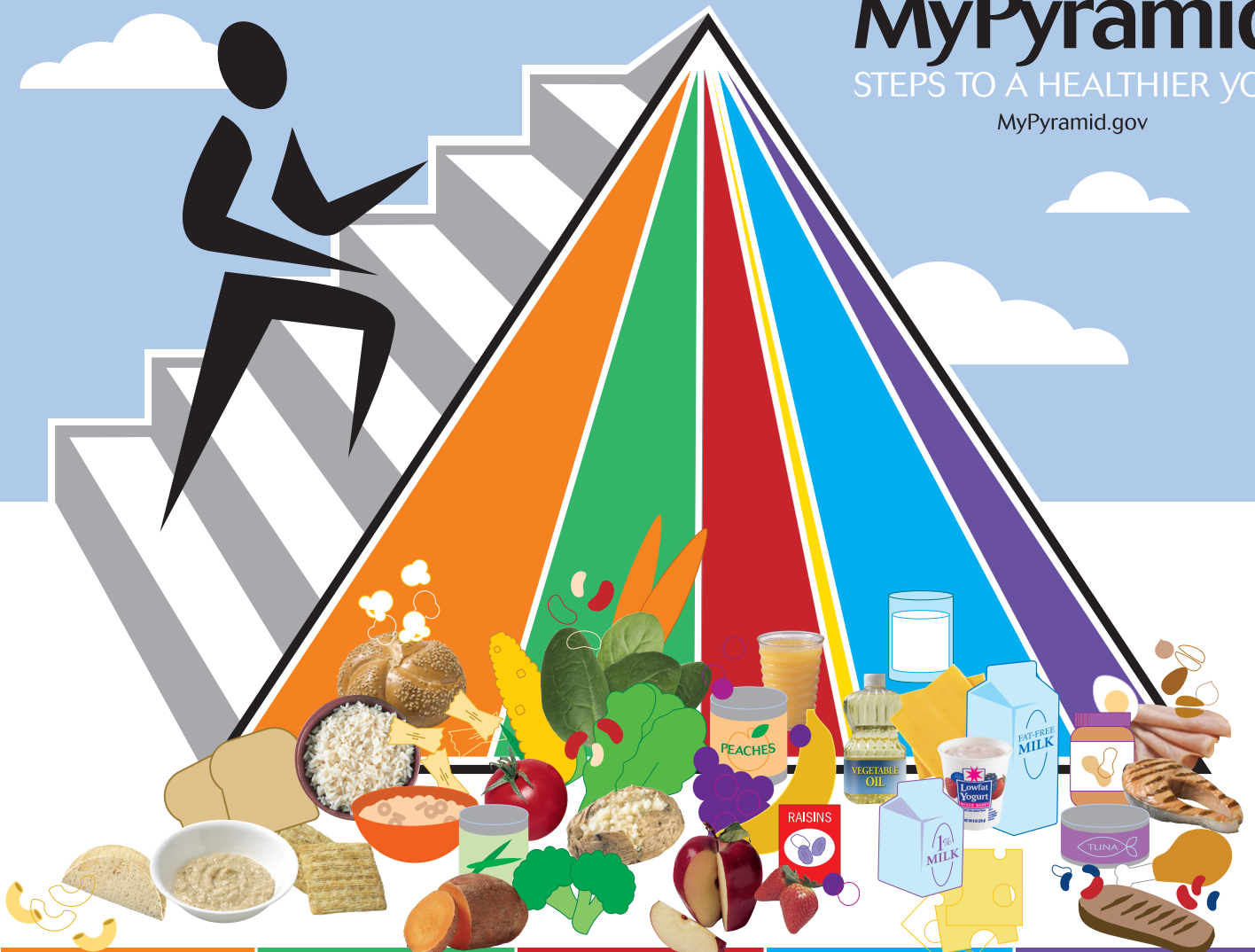
Thrifty Choices

The Nifty Thrifty MyPyramid

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

Make half your grains whole

Vary your veggies

Focus on fruit

Get your calcium rich foods

Go lean with protein

List your choices for each food group:

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Shopping List

Here's a shopping list to help you prepare the day's meals given. Remember to check what you have on hand before shopping.

Produce

Oranges
Apples
Lemon (1)
Carrots
Potatoes (2)
Onion (1 large)
Garlic

Bread/Crackers

Whole-wheat bread
Graham crackers

Canned

Tomato juice
Peaches
Tuna, packed in water

Staples

Baking powder
Coffee
Cooking oil
Cornmeal
Dry white beans (1 lb bag)
Flour
Mayonnaise, lowfat
Salt
Sugar
Tea

Milk

Nonfat dry milk powder
Evaporated, skim (15-oz can)

Cereals

Bran
Oatmeal

Dairy Case

Eggs
Other

Breakfast

**Orange, Oatmeal, Whole-wheat Toast,
Skim or 1% Milk, Coffee**

Menu Selection Tips:

- Eat fresh fruit often. It's more filling than juice. Save money by eating cooked instead of ready-to-eat cereal. Buy one box of ready-to-eat cereal that has the word bran in its name. Sprinkle some of it into other foods you prepare to add fiber.
- To save money, prepare skim milk from nonfat dry milk powder. Serve cold! Great for making hot chocolate! Milk provides the most bone-building calcium for its cost.

Lunch

**Tuna Sandwich on Whole-wheat Bread,
Carrot Strips, Apple, Skim or 1% Milk**

Menu Selection Tips:

- 3 ounces is a serving of meat! Three ounces is about the size of a deck of cards.
- Select lower-cost foods from the meat group to stretch the food dollar.
- Select lower-fat products to cut fat in the diet. Water-pack tuna is lower in fat than tuna canned in oil.
- Choose whole-wheat bread for more fiber.
- Eat a carrot each day! Carrots may help reduce the risk for cancers.

Supper

**White Bean Soup, Cornbread,
Canned Peaches, Skim or 1% Milk**

Menu Selection Tips:

- Homemade soups are low in cost and are a way to use leftovers and get more vegetables in our diets. Beans are a good source of protein, fiber and folate. They are a thrifty food buy.

Snack

Tomato Juice

- Drink vegetable juice for a nutritious, low-calorie snack. It's one of the 5 to 9 servings of vegetables needed daily.

Snack

**Graham Crackers,
Skim or 1% Milk**

- Select beverages from MyPyramid.
- Three graham crackers are a low-calorie, lowfat snack choice.

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This material was funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com