

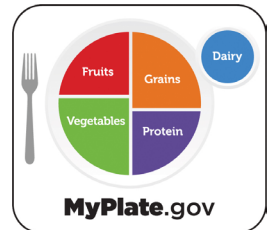
5 Steps to Flavorful Healthy Eating

Healthy eating can be fun and delicious! With a little know-how and planning, you can build good habits and a nutritious eating plan with your favorite flavors and foods, on a budget. Whether enjoying meals traditional to your cultural heritage, or another country's that you love, the core principles are the same.

Follow this step-by-step guide and enjoy!

1 Start with the basics

Traditional foods differ from culture to culture. But each includes tasty options in all five food groups – fruits, vegetables, grains, protein foods, and dairy. Think about getting a mix of each throughout the day. Try to get at least two or three in each meal and snack!



2 Choose based on YOU

What affects the meals and snacks you eat each day? Taste, time, money, routine, cultural favorites? Nutritious dishes can be familiar, affordable, and great tasting without taking much time. Select recipes with fewer ingredients and steps. No need for fancy equipment!



Pro tip: Opt for one pot! Search recipe sites or social media for inspiration. Play around with flavors.

3 Make over your meals

Each food group contains choices that are more and less healthy. More nutritious options have more fiber, good fats, vitamins, and minerals. Less nutritious options have more saturated fat, sodium, and added sugars. Use food labels to compare products and choose healthier ones more often.

Pro tips:

- ◆ Choose fresh lean meats and low-fat dairy which contain less saturated fat.
- ◆ Add fruits and veggies to a dish for more fiber, vitamins, and minerals.
- ◆ Make half the grains you eat whole grains like quinoa, teff, wild rice, and millet.
- ◆ Use vegetable oils and foods with oils (e.g., nuts, avocado, fish) when cooking and preparing dishes.



4 Be thoughtful about preparation methods

Replace some solid fats like butter or lard in cooking with some vegetable oil. Use your favorite spices and herbs for maximum flavor and nutrition. Make baking, broiling, braising, and air frying your go-to cooking methods!



Pro tip: For a quick, easy, and well-rounded meal, season a lean cut of meat (e.g., pork tenderloin or chops). Then, roast in the oven with your favorite veggies (e.g., potatoes and green beans).

5 Stretch your food dollars

Save money when shopping by stocking up on pantry and freezer staples at big box stores. Visit local ethnic grocers for small amounts of specialty ingredients. Be flexible with using what you have on hand.

Pro tip: Use loyalty cards and apps at the stores you visit more often and keep an eye out for sales!

