

# Smart Choices

A Community Nutrition  
Education Program



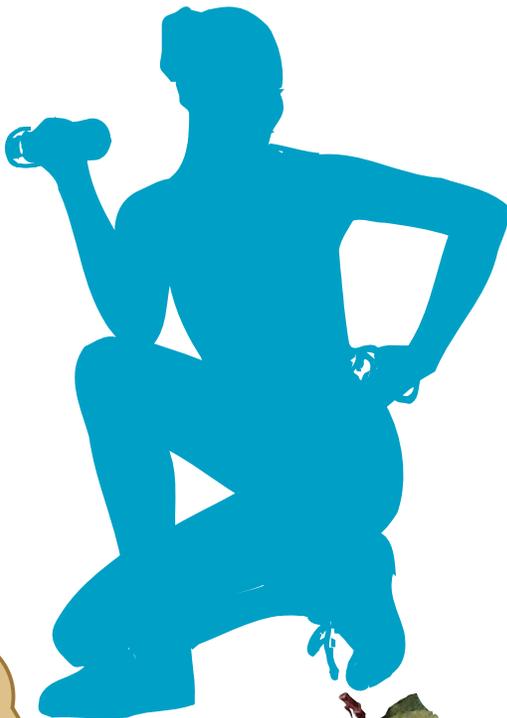
the 2005 Dietary Guidelines

## A Recipe for Good Health

Eat lots of fruits, vegetables and whole grains.

Reduce your intake of saturated fats and sodium.

Add exercise to your daily activities.



You can meet the recommended 2 cups of fruit and 2 ½ cups of vegetables per day **for less than a dollar a day.**

You can improve your family's health by making **smart choices.**

### Carbohydrates:

Your brain and body use the energy from carbohydrates.

- Fruits, vegetables, beans, grains, milk and yogurt contain carbohydrates. They are often full of nutrients and also contain substances that are good for your health, like fiber and special plant nutrients called phytochemicals.
- The Smart Choices: Fresh or frozen fruits and vegetables: most nutritious and delicious, usually sodium-free and high in potassium. Dried fruit has a long shelf life, is sweet without added sugar and you can carry it with you.
- Plan to eat food while it is still fresh.
- For safety, don't forget to wash fruits and vegetables.
- Color usually means that it's loaded with nutrients.

### Whole grains contain carbohydrates, fiber and plant nutrients.

- Whole grains still have all of their nutrients.
- Some examples of whole grains are brown rice, oatmeal, bulgur wheat, barley, corn and whole-wheat flour. Find some whole grains you like, and learn how to prepare them.

### Dried beans contain carbohydrates, fiber and plant nutrients, too.

- They are nutrient dense.
- Eat them canned or cook your own.

### Fats: Fats help food taste delicious, and they contain vitamins and other essential nutrients.

- Foods from animal sources like meat, dairy and eggs may be high in saturated fat. Diets high in saturated fat lead to poor health.
- Cook and flavor foods with vegetable oils like soybean oil, canola oil, peanut oil and olive oil because they are lower in saturated fat.
- Choose lean meats, fish, chicken and low-fat dairy products to lower your intake of saturated fat.

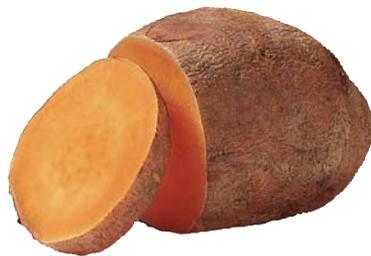
**A hint for lowering saturated fat in your diet:**

- Bacon, salt meat and sausage contain a lot of fat, and much of it is saturated. You can't trim the fat so, if you like the taste, use it to flavor a dish. One or two pieces can flavor a big pot of beans or greens. Instead of butter or margarine on your toast, spread it with peanut butter. Why is that a smart choice? Nutrients in peanut butter make it a smart choice for a spread.
- Learn ways to prepare foods that don't call for added fat. See the recipe for sweet potatoes on this sheet.

**Protein: Protein provides us with the building blocks for growth, repair and defending against infection among many other things.**

- Animal foods like meat, poultry, fish, dairy products and eggs are high in protein.
- Beans, nuts and seeds are plant foods that contain protein. They are inexpensive and have a long shelf life.

**Here's an easy recipe that is a Smart Choice:**



Why is it a smart choice?

- Because it is nutrient dense
- It contains no added sugar like many sweet potato recipes
- AND it is delicious

**Oven-roasted Sweet Potatoes**

Scrub whole sweet potatoes and prick them in a few places. Place them in the microwave for a few minutes per potato until they are tender. They are good to eat as is, skin and all.

**Exercise hints:**

- Wear comfortable shoes so you can choose to park in the back of the parking lot and walk to the store or climb the stairs instead of riding the elevator.
- What motivates you? Your health? Your appearance? When you think you have something better to do than exercise, remember why you are doing it, and get moving.

**Tips from mothers around Louisiana**

Set a good example for your kids. Eat your fruits and vegetables and whole grains, and they will, too. Try new foods and encourage your children to try them, too.



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