

## Healthy Meal & Potluck Choices

<b><i>Food Groups</i></b>	<b>Less Healthy Options</b>	<b>Healthier Options &amp; Ideas</b>
<i>Grains (breads, baked goods, cereals)</i>	White rice White flour White pasta White Flour tortillas	Brown/wild rice dishes/ Quinoa Whole wheat pasta Whole wheat bread or tortillas Corn tortillas
<i>Fruits</i>	Canned fruits in syrup “Fruit-flavored” items ( <i>often contains little or no fruit, but lots of sugar or fat.</i> )	Sliced fresh fruit Fruit salad Frozen berries made into smoothies Fruit kebabs Dried fruit (without sweeteners)
<i>Vegetables</i>	Almost all forms of veggies are healthy! ( <i>Try to avoid lard, butter, and a lot of salt.</i> )	Lightly steamed veggies (green beans, broccoli, cauliflower) Soups or salads Baked or roasted sweet potatoes
<i>Proteins (meat, eggs, beans, nuts)</i>	Fried Chicken Bacon / Sausage Beans made with lard Eggs made with lots of butter, mayonnaise or cheese	Broiled/baked turkey, chicken, fish Stews/soups with beef or chicken Baked beans/lentils/pinto or black beans Egg casserole/quiche with low-fat crust Tofu (baked or scrambled) Peanut/almond butter
<i>Dairy</i>	Whole milk Whipped cream Butter	Skim or non-fat milk Low fat yogurt & cheese dishes Reduced fat cream cheese
<i>Fats</i>	Hydrogenated or partially hydrogenated fats and oils Lard	Extra Virgin Olive Oil Peanut/almond butter dishes Tahini (sesame paste) Homemade salad dressing
<i>Desserts</i>	Most bakery muffins/cookies Cakes/pies/sweet rolls Ice cream	Baked goods using whole grains Desserts based around fresh fruit Frozen yogurt
<i>Beverages</i>	Fruit punch (or other drinks w. little or no actual fruit juice) Soda Energy drinks	100% juice Low-fat milk Water Unsweetened hot or iced tea