

A Colorful Plate



A Healthy Heart

Color Your Heart Healthy

Color in the plate with favorite foods. Make a **COLORFUL** plate and be a **HEART HERO**.

 A _____
or a _____
could add a **RED** to
my plate.

 I ate something **GREEN**
to add color to my plate
it was _____.

 I tried _____
and it added **ORANGE**
to my plate.

 My family and I ate
_____ and it
added **PURPLE** to my plate.

Veggies

Proteins

Grains

Fruits

 Dairy



 I drank lots of water
everyday. I also tried
_____ and it
added **BLUE** to my plate.

This plate filled by:

Seasons of Eating

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING

artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard



SUMMER

berries, corn, figs, cucumbers, eggplant, garlic, grapes, green beans, melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes, and zucchini



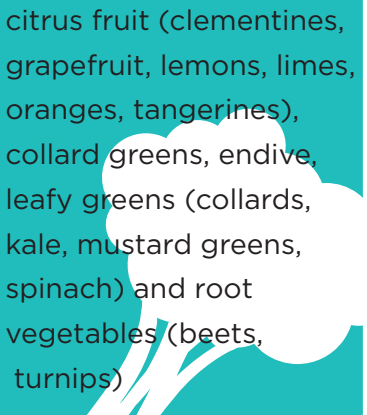
FALL

apples, brussels prouts, dates, hard squash (acorn, butternut, spaghetti), pears, pumpkins and sweet potatoes



WINTER

bok choy, broccoli, cauliflower, celery, citrus fruit (clementines, grapefruit, lemons, limes, oranges, tangerines), collard greens, endive, leafy greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



Healthy Foods Under \$1 Per Serving

Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet. Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

FOOD	GREAT FOR	WHAT'S A SERVING?
Apples (raw with skin)	Snacks, green salads, main dish salads and fruit salads	1 large apple
Bananas	Snacks and fruit salads, yogurt parfaits and smoothies	1 banana (large)
Barley, Pearled (cooked)	Soups and stews, cold salads and casseroles	½ cup (cooked)
Beans, Canned (kidney, pinto, garbanzo or navy)	Green salads, casseroles, stews, hummus and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.	Each can contains about 3.5 (½-cup) servings.
Broccoli	Steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes	1 cup raw, ½ cup cooked
Carrots, Baby (raw)	Snacks, casseroles, stews, veggie platters and side dishes	8-10 baby carrots (3 oz)
Corn on the Cob, Frozen	Quick side dish, kid friendly	1 ear
Eggs	Omelets, hardboiled, salads	1 medium egg
Lentils (cooked)	Soups and stews, cold bean salads and casseroles	½ cup cooked

FOOD	GREAT FOR	WHAT'S A SERVING?
Milk, Fat-Free	Cold beverage	1 cup
Oatmeal, Regular	Hot oatmeal, breakfast, baking	½ cup cooked
Oranges (fruit 2 7/8" diameter)	Snacks, green salads and fruit salads	1 large or extra large orange
Pears (raw)	Snacks, as an appetizer with cheese, green salads and fruit salads	1 large pear
Peas, Green (frozen, cooked)	Mixed into brown rice or whole wheat pasta dishes	½ cup cooked
Rice, Brown (cooked)	Stir fry, steamed with veggies	½ cup cooked
Spinach (raw)	Tossed salads, steamed as a side dish	1 cup raw or ½ cup cooked
Sweet Potato (cooked, baked in skin)	Baked, mashed, steamed	1 medium potato (2" diameter, 5" long, raw)
Tomatoes, Fresh or Canned (packed in tomato juice, reduced-salt versions)	Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.	One can contains about 3.5 (½-cup) servings.
Vegetables, Frozen and Mixed	Quick side dish, add to soups/stews	½ cup cooked
Yogurt (plain, low fat or fat-free)	Smoothies, yogurt parfait, dips and dressings	A 6-ounce container is usually a serving.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.