



Grains, Beans, Nuts & Dairy Tips

Choose more whole grain breads.

- Pick whole grain bread instead of white bread—look for whole wheat flour or whole grain as the first ingredient on the food label.
- Check the label and choose breads with at least two grams of fiber per slice.
- Choose brown breads that feel firm—they are probably made with more whole grain.

Try other whole grain foods.

- Whole grains are foods like brown rice, oats, and whole wheat pasta.
- Whole grains are good ways to get fiber and B vitamins.

Eat whole grains for breakfast.

- Choose whole grain cereals. Cereals like shredded wheat, bran flakes and old-fashioned oatmeal are high in fiber.
- Stay away from cereals with lots of added sugar. Top your cereal with bananas, strawberries, or peaches instead.
- Munch on whole grain cereals for a healthy snack any time of the day!
- Avoid instant grits and other cereals with added salt (sodium).

Go easy on biscuits and cornbread.

- Regular biscuits, cornbread, and croissants are often high in trans fat, saturated fat, and salt (sodium).

Eat more beans and peas.

- Eat peas or beans instead of meat (or with a little meat for flavoring).
- Soak beans overnight to shorten the cooking time.
- Use onions and garlic for seasoning, or season with small pieces of lean meat like ham, turkey, or beef.
- Make a quick, healthy meal with canned beans. Get the low-salt (low sodium) kind, or drain and rinse canned beans.

Choose nuts and nut butters more often.

- Nuts (pecans, peanuts, walnuts, almonds, cashews) and nut butters are good sources of healthy fats.
- Remember that nuts are high in calories—a handful of nuts (1/4 cup) or two tablespoons of nut butter count as one serving.
- Choose unsalted or lightly salted nuts. Avoid nuts with added sugar, like honey roasted or chocolate-covered peanuts.
- A peanut butter sandwich on whole grain bread makes a tasty lunch!

Use lower fat milk and yogurt.

- If you do OK with milk, drink some each day. Work your way down from whole or 2% milk to 1% or skim (nonfat).
- Buttermilk has no butter—it can also be a healthy choice.
- Cook with whole milk or 2% milk instead of cream. Then try 1%.
- Mix whole fruit (sliced banana, strawberries, or peaches) into plain low-fat or nonfat yogurt for a healthy snack.
- Avoid creamers in coffee. Instead, choose reduced fat milk or try evaporated skim milk for a creamy taste without saturated fat.

Go easy on high fat cheeses.

- Try sharp cheeses like sharp cheddar or Parmesan—you get more taste with smaller amounts. Slice it thin or grate it.
- For snacks, cut a small piece of cheese and put the rest away. It's easy to eat too much!
- Don't add a lot of cheese to meat sandwiches—regular cheese is high in saturated fat and adds extra salt (sodium).
- Ask for pizza with half the cheese and more vegetables.
- Go easy on the cream cheese toppings for sandwiches and bagels.
- Make lasagna and casseroles with cottage cheese or mozzarella.
- Choose cheeses that are low in salt (low sodium).