

Easy Ways to... Make a Shopping List



1. Record your meals and snacks below. Try to include all five food groups in each meal, and at least two of the five food groups in every snack.

Day/Meal	Menu	Fruits	Veggies	Grains	Protein	Low-Fat Dairy
Monday, dinner	Zucchini Pasta Salmon Plums	Plums	Zucchini Onions Garlic Tomatoes	Whole wheat pasta	Salmon	1% milk

2. Look in your cabinets and refrigerator for ingredients. Make a shopping list of what you need to buy.

Example:

1. Plums	1. _____	5. _____
2. Zucchini	2. _____	6. _____
3. Garlic	3. _____	7. _____
4. Tomatoes	4. _____	8. _____
5. Salmon		
6. 1% Milk		

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)
 For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for “farmers markets.”
 For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).



Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Tips for Reading Menus

Ordering out may be a treat after a busy week or a fun way to mark a celebration. However, making the right choices when eating out can also be a challenge.

Here are a few tips to keep in mind to help you decipher the menu the next time you order out.



Nutrition Information

Many restaurants, bakeries, coffee shops and quick service vendors are required to provide nutrition information about their foods and beverages right on the menu.

Calories

The amount of calories for foods that are regularly offered should be listed next to items on menus, order boards or next to the food being served on buffet lines.

Salt, Fat, Carbohydrates and More

The information posted on the menu is usually limited to calories but sometimes a restaurant may list other nutrients to show that the food is low in fat or high in protein.

Additional nutrition information must also be available on request for most foods served at these restaurants. This includes information about the amount of nutrients, such as sodium, saturated fat and dietary fiber.

If you like to plan ahead, many restaurants also have nutrition information available online, which can help you select healthier options before you arrive and reduce pressure you may feel to order quickly.

Have a Backup Strategy

Restaurants aren't required to have nutrition information available if they have fewer than 20 locations. There are also a few exceptions for items such as daily specials, custom orders or condiments.

If nutrition information isn't available for an item, consider the following tips when you're deciding what to order.

Limit items that are fried or served in sauces that are high in calories and saturated fat. Some terms to be mindful of include:

- Crunchy, Crispy, Battered and Breaded
- Creamy, Cheesy, Alfredo

Items that are often lower in calories and may be more healthful options include terms, such as:

- Baked, Grilled, Roasted, Steamed
- Al Fresco, Marinara

Make the Right Choices for You

Nutrition needs vary from person to person. Choose the foods that fit your health needs, eating style and preferences.

These tips may be helpful when trying to make the best choices for you and your family:

- Consider the calorie information when deciding between different dishes and what to order.
- Remember that side dishes add calories too; consider steamed vegetables or fruit as an option, when available.
- Save half your meal for later or ask for a dessert to be split for a more appropriate portion size when servings are large or high in calories.
- Rethink your drink. Calories from beverages can add up quickly, especially if there are free refills. Choose healthier options like water or low-fat or fat-free milk or drinks that are calorie-free, such as unsweetened coffee or tea.
- Ask for sauces and dressing on the side to help control how much actually goes on your food.



Find Your Healthy Eating Routine

Everyone has their own, individual nutrition needs. Find your healthy eating routine by using recommendations from MyPlate.

Choose foods and beverages with less saturated fat, sodium and added sugars. Focus on variety, amount and nutrition when choosing what to eat and drink. And, start with small changes to build your healthy eating routine now and into the future.

MyPlate can help you find a healthy eating routine that meets your needs.

If you have special nutrition needs, consult a registered dietitian nutritionist for personalized nutrition advice.

Find more healthy eating tips at:

www.eatright.org
www.kidseatright.org

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

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The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Sources: *Calories on the Menu*, *The U.S. Food & Drug Administration*; *Start Simple with MyPlate*, *USDA MyPlate.gov*.

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Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood



Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious.

You can create healthy and tasty meals without a recipe.

For example:

- Baked fish with sautéed veggies and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.



Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.
- Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

Find more healthy eating tips at:

www.eatright.org

www.kidseatright.org

www.MyPlate.gov

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

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This tip sheet is provided by:



Start *simple* with **MyPlate** **Food Planning** *during the* **Coronavirus Pandemic**

During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, including what to buy, how much to buy, and preparation tips.

Check what you have at home first

Take a look at the foods you already have in your refrigerator, freezer, and pantry before you make a list; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.

Make a shopping list

Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short. Since stores may not have some specific items, create a list with general items like "fruit" or "bread."

Explore your shopping options

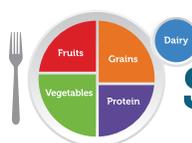
Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older, check if your store delivers or has early shopping hours for older Americans only.

How much should I buy?

Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.

Include fresh, frozen, and non-perishable items

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.



Food Planning *during the* Coronavirus Pandemic

What foods should I buy?

Choose a mix of shelf-stable, frozen, and fresh foods. Examples of shelf-stable include pastas, rice, legumes, nut butters, and dried and canned goods. Frozen options to think about might be breads, meats, vegetables, fruits, and even milk. With fresh foods, buy a variety in quantities that you would normally buy. Remember to include the special needs of all family members, including pets, infants, or those with dietary restrictions.

What should I make?

While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.

Access to food while school is closed

Many school districts across the country are continuing to provide meals to students in need during school closures. Check for local programs in your area, such as [Meals to You](#). Contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.

Additional Food Planning Resources:

[Tips for Every Aisle](#)

Use these tips to fill your cart with budget-friendly and healthy options from each food group.

[Sample 2-Week Menus](#)

These sample 2-week menus can be used by any person or family wanting to follow a healthy diet at a modest price.

[MyPlate Plan](#)

To learn about your food group targets, use the personalized MyPlate Plan tool.

Activities for Families at Home:

[MyPlate: Activities to do with Kids](#)

Activities and printables to get the whole family on board with making healthier choices.

[Team Nutrition Cooks!](#)

Cooking-based nutrition activities for children ages 8-12 years old.

[Team Nutrition Games & Activities](#)

Make your way through all the food groups with these fun games and activities.

Contact information:

For solutions to feeding children impacted by COVID-19, email FeedingKids@usda.gov.

For more information about Coronavirus:

[Coronavirus.gov](https://www.cdc.gov/coronavirus)

[Coronavirus Disease 2019 \(COVID-19\)](https://www.cdc.gov/coronavirus/2019-nCoV/)

[What the U.S. Government is Doing](https://www.whitehouse.gov/briefing-room/statements-releases/2020/03/11/20200311-speech-by-the-vice-president-at-a-press-conference/)

Spanish: <https://www.usa.gov/espanol/coronavirus>

[Ready.gov](https://www.ready.gov)



Minestrone Soup



Ingredients

- 1 medium **onion**, chopped
- 1 stalk **celery**, diced
- 1 large **carrot**, sliced
- 2 tablespoons **oil**
- 1 large **potato**, peeled and chopped
- 1 can (15 ounces) chopped **tomatoes**
- 2 cans (15 ounce each or 3 1/2 cups) low sodium **vegetable or beef broth** (see notes)
- 1 can (15 ounces) **kidney beans**, drained
- 1 teaspoon dried **basil**
- 1/2 cup uncooked **macaroni**
- 2 small **zucchini**, sliced
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**

Makes: 10 cups
Prep time: 15 minutes
Cooking time: 45 minutes



Directions

1. In a 5 quart saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
2. Add potato, tomatoes, broth, beans and basil.
3. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
4. Add macaroni and zucchini. Cook another 15 minutes.
5. Taste and adjust seasoning with salt and pepper.
6. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Use any vegetables you have on hand.
- Add cooked meat if desired.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

10 servings per container	
Serving size	1 cup (220g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 220mg	10 %
Total Carbohydrate 22g	8 %
Dietary Fiber 4g	14 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 5g	
Vitamin D 0mcg	0 %
Calcium 40mg	4 %
Iron 2mg	10 %
Potassium 405mg	8 %
Vitamin A 57mcg	6 %
Vitamin C 9mg	9 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.