

# Nutrition Education Handouts for Adults

(Can be used with Just Say Yes to Fruits and Vegetables Stellar Farmers Markets or Cook Fresh at Farmers Markets Curricula)

## Content List

- Easy Ways to Add More Fruits and Vegetables to Your Meals
- Easy Ways to Build a Healthy Meal
- Easy Ways to Choose Colors of Good Health
- Easy Ways to Choose Healthy Portions
- Easy Ways to Cook with Beans
- Easy Ways to Cut the Salt
- Easy Ways to Eat a Variety of Protein
- Easy Ways to Eat Enough Fiber
- Easy Ways to Eat the Whole Plant
- Easy Ways to Enjoy Fresh Greens
- Easy Ways to Flavor Food without Salt
- Easy Ways to Freeze Fruits and Vegetables
- Easy Ways to Keep Food Safe
- Easy Ways to Make a Shopping List
- Easy Ways to Read an Ingredients List
- Easy Ways to Save Money by Buying in Season
- Easy Ways to Save Money on Healthy Food
- Easy Ways to Store Fruits and Vegetables
- Easy Ways to Understand Signs of Hunger and Fullness
- Easy Ways to Use the Nutrition Facts Label
- Every Sip Adds Up
- How Much Sugar is in Your Drink?
- Stock up with Staple Foods



# Easy Ways to... Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

## Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

## Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

## Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

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For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental 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](http://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).



Just Say Yes to Fruits and Vegetables

# Fason Fasil pou ... Ajoute Plis Fwi ak Legim nan Repa ou yo

Bay asyèt ou koulè ak bèl fwi ak legim nan chak repa.

## Manje Maten



Melanje fwi ak yogout, avwàn  
oswa sereyal grenn antye.



Mete legim nan yon omlèt  
oswa sandwich ze.



Fè yon ji popouri ak fèy vèt  
ak fwi konjle.

## Manje Midi ak Manje Aswè



Ajoute legim nan soup,  
bouyon oswa ragou.



Melanje legim ak pat,  
diri oswa kouskous.



Mete legim sou tako, pitza,  
ak pen pita.

## Ti goute



Amize w ak fwi  
avèk manba.



Ajoute legim nan mwatye  
yon sandwich.



Sèvi legim fre ak yon  
sòs tipwa.

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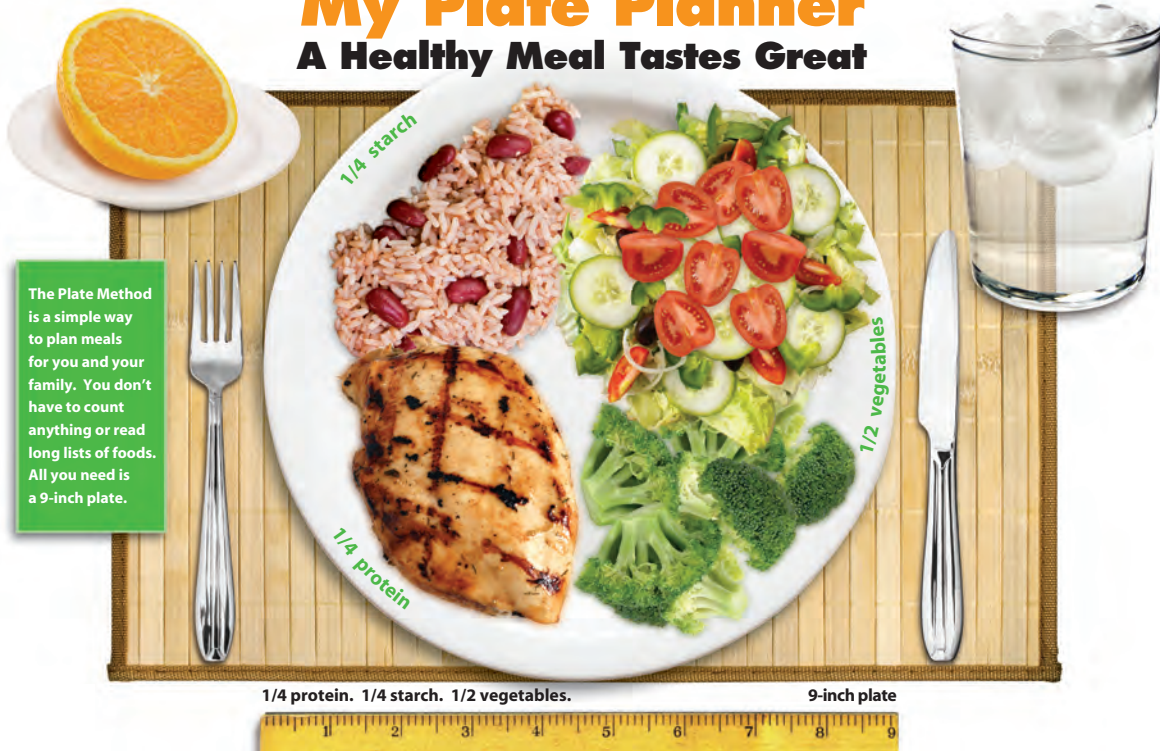
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# Easy Ways to... Build a Healthy Meal

## My Plate Planner A Healthy Meal Tastes Great



Fill half of your plate with **fruits and vegetables**. Choose colorful foods to brighten your meal.

Add **lean protein**. Choose proteins like beans, nuts, tofu, fish, and lean or low-fat meat and poultry.

Make a least half of your grains **whole grains**. Look for the words "100% whole grain" or "100% whole wheat" on the Nutrition Facts label.

Add a **healthy beverage**. Drink water or plain fat-free or low-fat milk.

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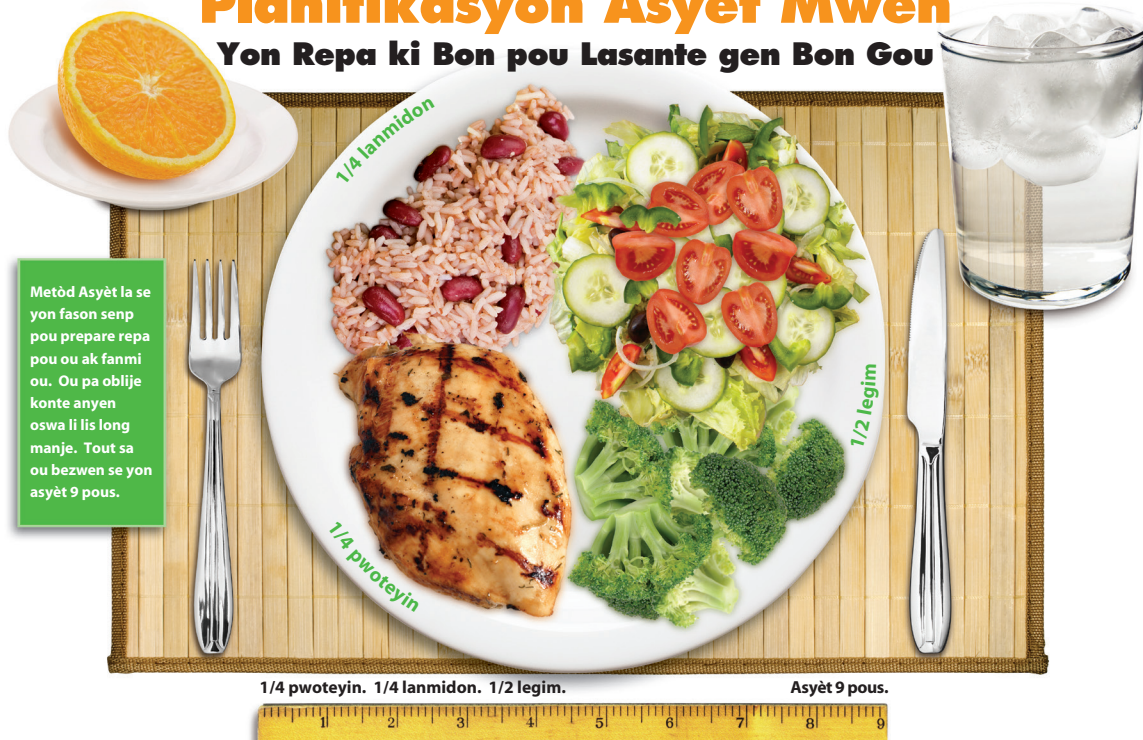
Just Say *Yes* to Fruits and Vegetables

Fason fasil pou ...

# Kreye yon Repa ki Bon pou Lasante

## Planifikasyon Asyèt Mwen

Yon Repa ki Bon pou Lasante gen Bon Gou



Metòd Asyèt la se yon fason senp pou prepare repa pou ou ak fanmi ou. Ou pa oblije konte anyen oswa li lis long manje. Tout sa ou bezwen se yon asyèt 9 pous.

Ranpli mwatye asyèt ou a ak **fwi ak legim**. Chwazi manje kolore ki gen bèl koulè pou fè repa ou a briye.

Ajoute **pwoteyin mèg**. Chwazi pwoteyin tankou pwa, nwa, tofou, pwason, ak vyann ak bèt volay mèg oswa sa ki gen yon ti kras matyè gra.

Fè yon fason pou omwen mwatye nan grenn ou yo se **grenn konplè**. Chèche mo “100% whole grain” (100% grenn antye) oswa “100% whole wheat” (100% ble antye) sou etikèt Enfòmasyon Konsènan Nitrisyon an.

Ajoute yon **bwason ki bon pou lasante**. Bwè dlo oswa lèt san grès oswa lèt ki gen tikas grès.

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# Easy Ways to... Choose Colors of Good Health

Eat a variety of fruits and vegetables to keep your body strong!

RED	YELLOW/ ORANGE	GREEN	BLUE/ PURPLE	WHITE/ BROWN
<p><b>FRUITS</b> Apples Cherries Cranberries Grapefruit* Grapes Raspberries Strawberries Watermelon</p> <p><b>VEGETABLES</b> Beets Potatoes Radishes Rhubarb Peppers</p>	<p><b>FRUITS</b> Apricots Cantaloupe Mangoes* Nectarines Oranges* Papayas* Peaches Pineapples* Lemons*</p> <p><b>VEGETABLES</b> Butternut squash Carrots Pumpkin Rutabaga Summer squash Sweet corn Sweet potatoes</p>	<p><b>FRUITS</b> Apples Avocados* Grapes Honeydew melon Kiwifruit* Limes*</p> <p><b>VEGETABLES</b> Broccoli Brussels sprouts Okra Peppers Peas Spinach String beans Zucchini</p>	<p><b>FRUITS</b> Blackberries Blueberries Black currants Driedplums Elderberries GrapesPlums Raisins</p> <p><b>VEGETABLES</b> Black beans Cabbage Eggplant Peppers Potatoes</p>	<p><b>FRUITS</b> Bananas* Pears Dates* Nectarines Peaches</p> <p><b>VEGETABLES</b> Cauliflower Garlic Mushrooms Onions Parsnips Potatoes Turnips</p>

\*Usually not available at farmers markets in New York State.

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*Just Say Yes* to Fruits and Vegetables

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# Fason Fasil pou... Chwazi Koulè pou Bòn Sante

Manje divès kalite fwi ak legim pou kò w rete solid!

WOUJ	JÒN/JÒN ABRIKO	VÈT	BLE/MÒV	BLAN/MAWON
<p><b>FWI</b> Pòm Seriz Kranberi Chadèk* Rezen Franbwaz Frèz Melon</p> <p><b>LEGIM</b> Bètrav Pòm detè Radi Rhubarb Pwawwon</p>	<p><b>FWI</b> Abriko Kantaloup Mango* Nektarin Zoranj* Papay* Pèch Anana* Sitwon*</p> <p><b>LEGIM</b> Joumou (Butternut squash) Kawòt Joumou Rutabaga Joumou lete (Summer squash) Mayi dous Patat dous</p>	<p><b>FWI</b> Pòm Zaboka* Rezen Melon myèl (honeydew) Kiwi* Sitwon vèt*</p> <p><b>LEGIM</b> Bwokoli Chou Briksèl Okra Pwavon Pwa Epina Pwa tann Zucchini</p>	<p><b>FWI</b> Blakberi Blouberi (Bueberries) Gwozèy nwa (black currants) Prin seche Èldèberi Rezen Prin Rezen sèk</p> <p><b>LEGIM</b> Pwa nwa Chou Berejenn Pwawwon Pòm detè</p>	<p><b>FWI</b> Fig* Pwa (fwi) Dat* Nektarin Pèch</p> <p><b>LEGIM</b> Chouflè Lay Djondjon Zonyon Kawòt blan (parsnip) Pòm detè Navè</p>

\*Anjeneral, yo pa disponib nan mache kiltivatè yo nan Eta New York.

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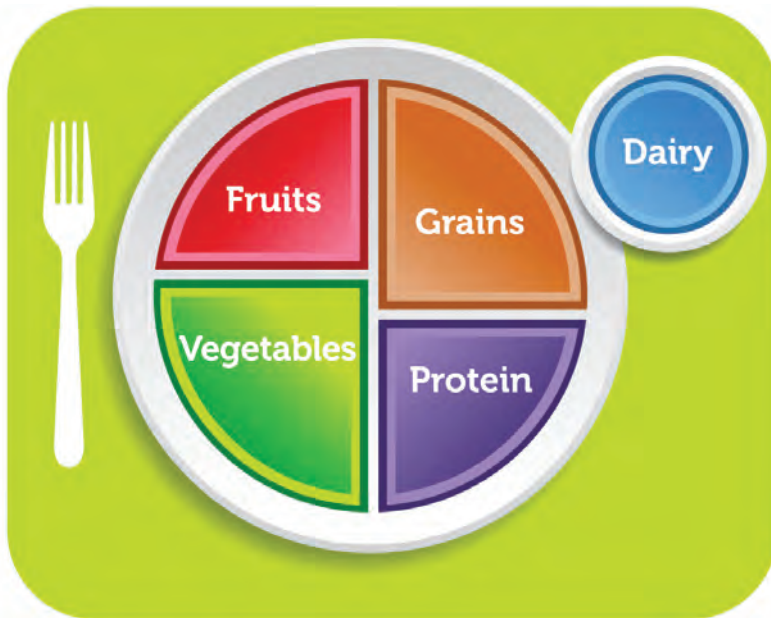


Just Say Yes to Fruits and Vegetables

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# Easy Ways to... Choose Healthy Portions



1. Start with a 9-inch plate.
2. Use your hand to measure your portions.
3. Fill half of your plate with fruits and vegetables.
4. Fill a quarter of your plate with lean protein.
5. Fill a quarter of your plate with whole grains.



For **fruits, vegetables and grains**, a portion is the size of your fist. This equals:

- 1 cup of chopped vegetables
- 1 medium apple
- 1 cup of brown rice or pasta

Try to eat **five portions** a day.



For **lean protein**, a portion is the size of your palm. This equals:

- 3 ounces of fish
- 3 ounces chicken

Try to eat **three portions** a day.

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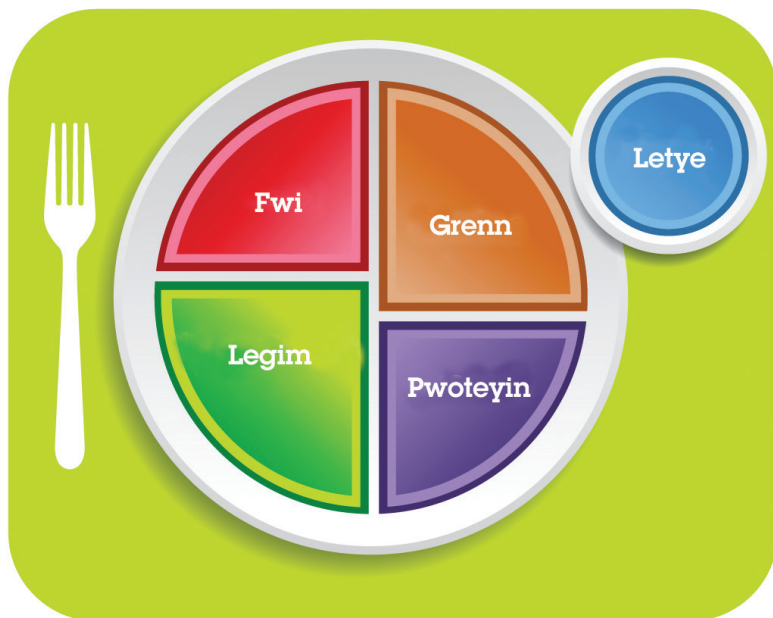
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Just Say *Yes* to Fruits and Vegetables

Fason fasil pou...

# Chwazi Pòsyon ki Bon pou Lasante



1. Kòmanse ak yon asyèt 9 pous.
2. Itilize men ou pou mezire pòsyon ou yo.
3. Ranpli mwatye asyèt ou a ak fwi ak legim.
4. Ranpli yon ka asyèt ou a ak pwoteyin mèt.
5. Ranpli yon ka asyèt ou a ak gren antye.



Pou **fwi, legim ak gren**, yon pòsyon se gwosè ponyèt ou. Sa egal a:

- 1 tas legim koupe
- 1 pòm mwayèn
- 1 tas diri mawon oswa pat

Eseye manje **senk (5) pòsyon** pa jou.



Pou **pwoteyin mèt**, yon pòsyon se gwosè pla men ou. Sa egal a:

- 3 ons pwason
- 3 ons poul

Eseye manje **twa (3) pòsyon** pa jou.

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# Easy Ways to ... Cook with Beans

	Store	Prepare	Cook
 <p><b>Dried</b></p>	<p>Place dry beans in a container with a tight lid and store in a cool, dry place for up to one year.</p>	<p><b>Sort</b> beans to remove any shriveled beans.</p> <p><b>Quick Soak:</b> Cover dry beans with hot water; boil for two to three minutes. Remove from heat and cover for one to two hours.</p> <p><b>or</b></p> <p><b>Overnight Soak:</b> Cover dry beans with cold water; soak overnight or for at least eight hours. Rinse and replace water; cook until tender.</p>	<p>When cooking beans, add acidic foods (like tomatoes, lemon juice or vinegar) at the end. Acidic foods will toughen bean skins.</p> <p>Cook one big pot of beans and use for multiple meals.</p>
 <p><b>Cooked</b></p>	<p>Refrigerate cooked beans for four to five days or freeze for up to six months.</p>	<p>Thaw frozen beans overnight in the fridge for cold recipes.</p> <p>Add cooked beans directly to hot or cold recipes.</p> <p>When using beans in hot recipes, make sure they are thoroughly reheated.</p>	<p>Flavor with salt-free spices and fresh herbs.</p> <p>Add to sautéed veggies or cooked greens and garlic.</p> <p>Add to soups, stews, casseroles, salads and pasta dishes.</p> <p>Blend for dips.</p>
 <p><b>Canned</b></p>	<p>Store leftover beans in a glass or plastic container (<u>not</u> in the can).</p> <p>Do not use dented or rusted cans.</p>	<p>Drain and rinse beans with water to reduce sodium.</p>	<p>Use canned beans the same way as cooked beans.</p>

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# Fason Fasil pou... Kwit avèk Pwa

	Konsève	Prepare	Kwit
 <p><b>Seche</b></p>	<p>Mete pwa sèch yo nan yon vesò ki gen yon kouvèti ki byen fèmen epi konsève yo nan yon kote ki fre, sèk pou jiska ennan.</p>	<p><b>Triye</b> pwa yo pou retire nenpòt pwa ki fennen.</p> <p><b>Tranpe Rapid:</b> Kouvri pwa sèch yo ak dlo cho; bouyi yo pandan de a twa minit. Retire yo sou dife epi kouvri yo pandan youn a dezèdtan.</p> <p><b>oswa</b></p> <p><b>Tranpe nan Lannwit:</b> Kouvri pwa sèch yo ak dlo frèt; tranpe yo pou nwit la oswa pandan uit èdtan omwen. Rense yo epi ranplase dlo a; kwit yo jiskaske yo mou.</p>	<p>Lè w ap kwit pwa, ajoute manje asid (tankou tomat, ji sitwon, diven, oswa vinèg) alafen sèlman. Manje asid yo ap fè po pwa yo di.</p> <p>Kwit yon sèl gwo bonm pwa epi sèvi avèk li pou plizyè repa.</p>
 <p><b>Kwit</b></p>	<p>Mete pwa kwit yo nan frijidè pou kat a senk jou oswa nan frizè pou jiska sis mwa.</p>	<p>Deglace pwa jele yo lannwit nan frijidè pou fè resèt frèt.</p> <p>Ajoute pwa kwit yo nan resèt cho oswa frèt dirèkteman.</p> <p>Lè w ap itilize pwa nan resèt cho, asire ou byen rechofe yo.</p>	<p>Ba yo gou avèk epis ki san sèl epi fèy fre.</p> <p>Ajoute legim sote oswa legim vèt kwit epi lay.</p> <p>Ajoute yo nan soup, ragou, kaswòl, salad ak pla pasta.</p> <p>Blende yo pou fè sòs.</p>
 <p><b>Nan bwat</b></p>	<p>Konsève rès pwa yo nan yon vesò kristal oswa plastik (<u>pa</u> konsève yo nan bwat la).</p> <p>Pa sèvi ak bwat ki kolboso oswa ki wouye.</p>	<p>Degoute pwa yo epi rense yo ak dlo pou diminye sèl la.</p>	<p>Itilize pwa nan bwat yo menm jan ak pwa kwit yo.</p>




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# Easy Ways to... Cut the Salt

At the Store	At Home												
<ul style="list-style-type: none"> <li>Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.</li> </ul> <table border="1" style="margin-left: 40px;"> <tr> <td>Saturated Fat 2.5g</td> <td><b>13%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 0mg</td> <td><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 120mg</td> <td><b>5%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 7g</td> <td><b>2%</b></td> </tr> <tr> <td>Dietary Fiber 2g</td> <td><b>8%</b></td> </tr> </table> <ul style="list-style-type: none"> <li>Buy whole foods as often as possible.</li> <li>Fill your cart with fruits and vegetables.</li> <li>If buying packaged foods, choose those labeled: <ul style="list-style-type: none"> <li>✓ “Low-sodium”</li> <li>✓ “Sodium free”</li> <li>✓ “No salt added”</li> </ul> </li> <li>Instead of processed or cured meats, choose: <ul style="list-style-type: none"> <li>✓ Lean cuts of meat and poultry</li> <li>✓ Fish</li> <li>✓ Beans and legumes</li> </ul> </li> <li>Instead of quick-cooking rice mixes and noodles, choose: <ul style="list-style-type: none"> <li>✓ Brown rice</li> <li>✓ Whole wheat noodles and pasta</li> <li>✓ Whole cornmeal</li> </ul> </li> <li>Instead of salty snack foods, choose: <ul style="list-style-type: none"> <li>✓ Fresh vegetables with a bean dip</li> <li>✓ Whole grain crackers</li> <li>✓ Plain, lightly salted popcorn</li> </ul> </li> </ul>	Saturated Fat 2.5g	<b>13%</b>	Trans Fat 0g		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Sodium</b> 120mg	<b>5%</b>	<b>Total Carbohydrate</b> 7g	<b>2%</b>	Dietary Fiber 2g	<b>8%</b>	<ul style="list-style-type: none"> <li>Make homemade soups and broths.</li> <li>Rinse canned beans and vegetables with water to reduce the amount of sodium.</li> </ul>  <ul style="list-style-type: none"> <li>Create salt-free spice blends using your favorite spices.</li> <li>Add vinegar, lemon or orange zest and/or juice to foods.</li> </ul>  <ul style="list-style-type: none"> <li>Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.</li> <li>Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.</li> </ul>  <ul style="list-style-type: none"> <li>Slowly cut back on the amount of salt you add to food, until you are using little to no salt.</li> </ul>
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Trans Fat 0g													
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# Fason Fasil pou... Diminye sou Sèl

Nan Magazen	Nan Kay												
<ul style="list-style-type: none"> <li>Chwazi manje ki gen mwenske 5 pousan Kantite sodyòm (sèl) pa jou pou chak pòsyon.</li> </ul> <table border="1" style="margin-left: 20px;"> <tr> <td>Saturated Fat 2.5g</td> <td><b>13%</b></td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 8mg</td> <td><b>0%</b></td> </tr> <tr> <td><b>Sodium</b> 120mg</td> <td><b>5%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 7g</td> <td><b>2%</b></td> </tr> <tr> <td>Dietary Fiber 2g</td> <td><b>8%</b></td> </tr> </table> <ul style="list-style-type: none"> <li>Achte souvan otank posib aliman ki pa transfòmè.</li> <li>Plen charyo w avèk fwi ak legim.</li> <li>Si w ap achte manje ki deja anbale, chwazi sa ki make:             <ul style="list-style-type: none"> <li>✓ “Low-sodium (tikras sodyòm)”</li> <li>✓ “Sodium free (san sodyòm)”</li> <li>✓ “No salt added (san sèl ajoute)”</li> </ul> </li> <li>Olye vyann transfòmè oswa vyann yo bay gou, chwazi:             <ul style="list-style-type: none"> <li>✓ Vyann ki pa gen anpil grès ak volay</li> <li>✓ Pwason</li> <li>✓ Pwa ak legim</li> </ul> </li> <li>Olye melanj diri ak nouy pasta ki kwit rapid, chwazi:             <ul style="list-style-type: none"> <li>✓ Diri Mawon</li> <li>✓ Nouy ak pasta ble antye</li> <li>✓ Farin mayi antye</li> </ul> </li> <li>Olye ti goute manje sale, chwazi:             <ul style="list-style-type: none"> <li>✓ Legim fre ak yon sòs pwa</li> <li>✓ Krakèz grenn antye</li> <li>✓ Pòpkòn òdinè sale lejèman</li> </ul> </li> </ul>	Saturated Fat 2.5g	<b>13%</b>	Trans Fat 0g		<b>Cholesterol</b> 8mg	<b>0%</b>	<b>Sodium</b> 120mg	<b>5%</b>	<b>Total Carbohydrate</b> 7g	<b>2%</b>	Dietary Fiber 2g	<b>8%</b>	<ul style="list-style-type: none"> <li>Fè soup ak bouyon nan kay.</li> <li>Rense pwa ak legim nan bwat yo avèk dlo pou diminye kantite sèl.</li> </ul>  <ul style="list-style-type: none"> <li>Sèvi avèk epis ou pi renmen yo pou w kreye melanj epis san sèl.</li> <li>Ajoute nan manje yo vinèg, zès ak/oswa ji sitwon oswa zoranj.</li> </ul>  <ul style="list-style-type: none"> <li>Bay manje yo gou ak fèy fre seche, epis ak sòs soya ki gen tikras sèl.</li> <li>Evite ajoute sèl nan dlo a lè w ap kwit pwa, diri, pasta ak legim.</li> </ul>  <ul style="list-style-type: none"> <li>Diminye dousman kantite sèl ou ajoute nan manje, jiskaske ou itilize tikras sèl oswa ou pa itilize sèl ditou.</li> </ul>
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# Easy Ways to... Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="99 772 521 810">Make a three bean salad.</p>	 <p data-bbox="561 772 1000 852">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="1044 772 1474 810">Choose fish twice a week.</p>
 <p data-bbox="126 1121 493 1247">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="591 1121 971 1201">Add nuts to vegetables and salads.</p>	 <p data-bbox="1036 1100 1484 1268">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="103 1549 521 1633">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="570 1533 987 1612">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1065 1533 1451 1654">Bring a hard boiled egg with you for an easy snack.</p>

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This material was funded by United States Department of Agriculture's (USDA) Supplemental 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://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).

# Fason Fasil pou...

# Manje Divès Kalite Pwoteyin

Manje divès kalite pwoteyin nan yon rejim alimantè ki bon pou sante. Manje pwoteyin plant pi souvan.

Pwa ak Lantiy	Nwa ak Grenn	Pwoteyin animal ki pa gen anpil grès
 <p>Fè yon salad ak twa pwa.</p>	 <p>Bere tranch pòm oswa fig avèk bè nwa (nut butter).</p>	 <p>Chwazi pwason de fwa pa semèn.</p>
 <p>Ajoute pwa nan legim vèt sote epi manje yo ak diri mawon.</p>	 <p>Ajoute nwa nan legim ak salad.</p>	 <p>Manje vyann ki pa gen anpil grès epi volay nan bon pòsyon – apeprè gwochè plamen w.</p>
 <p>Fè yon sòs pwa pou savoure ak legim.</p>	 <p>Pran ti goute ak yon ti ponyen nwa oswa grenn san sèl.</p>	 <p>Ale ak yon ze bouyi kòm yon ti goute fasil.</p>

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# Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **28 grams** of fiber each day. Look at how easy it is!

Instead of...		Eat...
 Half a bagel = <b>1 gram of fiber</b>		 1/2 cup oatmeal = <b>4 grams of fiber</b>
 A glass of juice = <b>1 gram of fiber</b>		 One medium orange = <b>3 grams of fiber</b>
 A handful of chips = <b>1 gram of fiber</b>		 A handful of nuts = <b>4 grams of fiber</b>
 A cup of white rice = <b>1/2 gram of fiber</b>		 1/2 cup of brown rice and 1/2 cup of beans = <b>11 grams of fiber</b>
 A pudding cup = <b>1/2 gram of fiber</b>		 1 1/2 cup blueberries = <b>6 grams of fiber</b>
<b>Total Fiber: 4 grams</b>		<b>Total Fiber: 28 grams</b>

## Tips for Eating More Fiber:











- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10% of Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

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This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

# Fason Fasil pou... Manje Ase Fib

Fib ka diminye risk pou fè maladi kè. Pifò granmoun bezwen **28 gram** fib chak jou. Gade kijan li fasil!

<b>Alapas...</b>	→	<b>Manje...</b>
 Yon mwaye begèl = <b>1 gram fib</b>	→	 1/2 tas avwàn = <b>4 gram fib</b>
 Yon vè ji = <b>1 gram fib</b>	→	 Yon mwayen zoranj = <b>3 gram fib</b>
 Yon ti ponyen tchips = <b>1 gram fib</b>	→	 Yon ti ponyen nwa = <b>4 gram fib</b>
 Yon tas diri blan = <b>1/2 gram fib</b>	→	 1/2 tas diri mawon ak 1/2 tas pwa = <b>11 gram fib</b>
 Yon tas pouding = <b>1/2 gram fib</b>	→	 1 1/2 tas blouberi = <b>6 gram fib</b>
<b>Total Fib: 4 gram</b>		<b>Total Fib: 28 gram</b>

## Konsèy pou Manje Plis Fib:

- Manje fwi antye ak legim alapas ji, ki gen tikras fib oswa ki pa gen okenn fib.
- Po fwi ak legim yo gen anpil fib. Lave po a epi manje l.
- Tcheke etikèt Enfòmasyon Nitrisyon yo epi chwazi manje ki gen omwen 10% Kantite fib pa jou.
- Li lis engredyan yo epi chwazi manje ki grenn antye ki endike anpremye.

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# Easy Ways to ... Eat the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
<b>Roots</b> 	Celery root	Roast, mash or stew
<b>Stems</b> 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
<b>Greens or Tops</b> 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
<b>Flowers</b> 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
<b>Seeds</b> 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
<b>Peels</b> 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
<b>Rinds</b> 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
<b>Cobs</b> 	Corn	Simmer to make a stock

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# Fason Fasil pou... Manje Tout Plant lan

Diminye fatra! Kwit avèk tout pati yo ki nan fwi ak legim yo.

Pati Plant lan	Fwi oswa Legim	Fason pou Kwit
Rasin 	Rasin seleri	Woti, kraze oswa mijote
Tij 	Aspèj, bètrav, bwokoli, chouflè, bèt a kad (chard), chou vèt, fenouy, chou frize	Toufe oswa sote; itilize pati bwa aspèj la nan bouyon; sèvi avèk tij bwokoli ak chouflè kale nan soup oswa sote nan grès
Legim vèt oswa Tèt 	Bètrav, kawòt, chou, seleri, fenouy, kohlrabi, powo, zonyon, radi, navè	Sote, blennde nan smouti vèt, asezonnen ak gani salad ak soup
Flè 	Arugula, siboulèt, cilantro/koryann (coriander), anèt (dill), fenouy, flè lay, lavand, moutad, zucchini	Sote oswa ajoute nan yon salad, sèvi ak flè lay yo pou fè pesto
Grenn 	Joumou (pumpkin) ak lòt joumou livè (winter squash)	Woti epi ajoute epis ak fèy pou bay gou
Po 	Agrim (sitwon vèt, sitwon, zoranj), pòm detè	Kwit po pòm detè yo pou ti goute; itilize agrim yo pou zès
Kwenn 	Melon dlo ak lòt melon (kantaloup, casaba, honeydew)	Raze po deyò a epi itilize l nan plas konkonb nan salad
Zepi 	Mayi	Mitonnen pou fè yon bouyon

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# Easy Ways to ..... Enjoy Fresh Greens



## 1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

## 2. Store

- ❖ Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



## 3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

## 4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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# Fason Fasil pou ..... Savoure Legim vèt Fre



## 1. Achte

- ❖ Chwazi legim vèt ki gen fèy sèk, klere san okenn tach jòn oswa mawon.

## 2. Konsève

- ❖ Anvan w konsève:
  - **Leti ak legim vèt salad:** Vlope fèy yo nan yon sèvyèt papye sèk.
  - **Yon pake legim vèt avèk tij (chou frize, chou vèt):** Koupe bout tij yo epi vlope pwent yo nan yon sèvyèt an papye mouye.
  - **Fèy:** Vlope tout pake a nan yon sèvyèt an papye mouye lejèman.
- ❖ Konsève tout legim vèt yo nan frijidè, san lave, nan yon sache plastik kachte.



## 3. Lave

- ❖ Mete legim vèt yo nan yon bòl epi kouvri yo ak dlo.
- ❖ Souke legim vèt yo anba dlo a pou dekole nenpòt salte. Kite salte yo poze nan anba.
- ❖ Souve legim vèt yo dousman epi jete dlo a. Refè sa, si sa nesèsè.

## 4. Prepare

- ❖ Sote zonyon ak lay nan lwil. Ajoute legim fèy yo epi kwit yo jiskaske yo mou.
- ❖ Blennde epina oswa chou frize ak fwi jele pou fè yon smouti oswa avèk pwa fè yon sòs koupe dwèt.
- ❖ Ajoute legim fèy koupe nan soup, bouyon ak sòs pasta. Kwit jiskaske yo mou.
- ❖ Ajoute fwi, lòt legim, nwa oswa pwa nan legim vèt kri koupe pou fè yon salad solid.



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# Easy Ways to... Flavor Food Without Salt

## Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

 <p><b>Cinnamon:</b> Use in oatmeal to add sweetness.</p>	 <p><b>Cumin:</b> Add to beans or meat.</p>
 <p><b>Paprika:</b> Use in a spice rub for chicken, meat or tofu.</p>	 <p><b>Turmeric:</b> Add to rice, chicken or vegetables for color.</p>





## Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

 <p><b>Basil:</b> Add to tomato sauce and pasta.</p>	 <p><b>Cilantro:</b> Mix into rice, beans or salsa.</p>
 <p><b>Parsley:</b> Sprinkle on grains, salads or stir-fries as a final touch.</p>	 <p><b>Thyme:</b> Add to roasted vegetables.</p>

## Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

 <p><b>Aromatic ingredients:</b> Onions, garlic, carrots, peppers, celery, ginger.</p>	 <p><b>Savory:</b> Tomatoes, cooked potatoes, celery, mushrooms.</p>
 <p><b>Citrus and vinegars:</b> Juice and zest balance and brighten.</p>	 <p><b>Peppers:</b> Jalapenos, dried chilis, poblanos.</p>

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# Fason Fasil pou... Asezonnen Manje San Sèl

## Epis

- Eseye ajoute yon ti pense alafwa.
- Sote nan lwil pandan 30 segonn pou bay bon sant.

	<b>Kannèl:</b> Sèvi ak li nan avwàn pou fè l dous.		<b>Cumin:</b> Ajoute nan pwa oswa vyann.
	<b>Paprika:</b> Sèvi ak li nan yon epis pou fwote sou poulè, vyann oswa tofou.		<b>Turmeric:</b> Ajoute nan diri, poulè oswa legim pou bay koulè.

## Fèy

- Ajoute fèy fre seche di (tankou rosemary) nan konmansman lè w ap kwit manje epi fèy fre mou (tankou pèsi) nan fen lè w ap fin kwit manje a.
- Yon ti kiyè fèy seche egal a yon gwo kiyè fèy fre.

	<b>Bazilik:</b> Ajoute nan sòs tomat ak pasta.		<b>Cilantro:</b> Melanje nan diri, pwa oswa salsa.
	<b>Pèsi:</b> Simaye sou grenn, salad oswa sote pou fin fè manje a.		<b>Ten:</b> Ajoute nan legim woti.

## Fwi ak Legim

- Pou fè legim santi bon ak pou bay gou yo, fèy ak/oswa epis yo vin tounen karamèl anvan w ajoute lòt engredyan yo, kwit yo sou chalè mwayen (medium-high) jiskaske yo vin mawon ak dous.
- Ajoute vinèg nan kòmansman epi ji agrim nan fen kwizin lan pou bay bon gou ak ekilib.
- Lè w ap ajoute piman pike, retire kòt ak grenn yo pou li pike toupiti.

	<b>Engredyan pou bay sant:</b> Zonyon, lay, kawòt, pwavon, seleri, jenjanm.		<b>Pou bay gou:</b> Tomat, pòm detè kwit, seleri, djondjon.
	<b>Agrim ak vinèg yo:</b> Ji ak zès bay ekilib ak amelyore.		<b>Pwavwon:</b> Jalapenos, piman sèch, poblanos.


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# Easy Ways to... Freeze Fruits and Vegetables

<b>Freeze</b> 	<b>Blanch</b> (quick boil) 	<b>Cook</b> 
<b>Put these in the freezer right away</b>	<b>Blanch these before freezing</b>	<b>Cook these before freezing</b>
<ul style="list-style-type: none"> <li>Berries</li> <li>Cherries*</li> <li>Corn (cut off the cob)</li> <li>Grapes</li> <li>Peaches*</li> <li>Plums*</li> <li>Peeled melon</li> <li>Winter squash</li> </ul> <p>*remove pits</p>	<ul style="list-style-type: none"> <li>Artichokes</li> <li>Asparagus</li> <li>Broccoli</li> <li>Brussels sprouts</li> <li>Cabbage</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery</li> <li>Eggplant</li> <li>Green beans</li> <li>Leafy greens</li> <li>Okra</li> <li>Onions</li> <li>Parsnips</li> <li>Peppers</li> <li>Summer squash</li> <li>Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Apples</li> <li>Beets</li> <li>Beans and legumes</li> <li>Potatoes</li> <li>Sweet potatoes</li> <li>Tomatoes</li> <li>Pumpkin</li> <li>Radishes</li> <li>Winter squash</li> </ul>
<b>Freezing Tips</b>	<b>Blanching Steps</b>	<b>Ways to Cook</b>
<ul style="list-style-type: none"> <li>• Wash all fruits and vegetables before freezing.</li> <li>• Store food in a container with a tight-fitting lid.</li> <li>• Write the date on the container before freezing. Food will keep for about six months.</li> </ul>	<ul style="list-style-type: none"> <li>• Boil enough water to cover all produce in the pot.</li> <li>• Clean produce. Chop into even-sized pieces.</li> <li>• Place produce in boiling water and boil until just tender (one to five minutes).</li> <li>• Rinse under cold water until cool.</li> <li>• Strain in colander, place in sealed container and freeze.</li> </ul>	<ul style="list-style-type: none"> <li>• Bake or roast</li> <li>• Sauté</li> <li>• Boil</li> <li>• Steam</li> <li>• Poach</li> </ul>

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*Just Say Yes* to Fruits and Vegetables



# Fason Fasil pou... Konjle Fwi ak Legim

<b>Konjle</b> 	<b>Blanchi</b> (bouyi rapid) 	<b>Kwit</b> 
<b>Mete sa yo nan frizè touswit</b>	<b>Blanchi sa yo anvan w konjle yo</b>	<b>Kwit sa yo anvan w konjle yo</b>
Bè (berries) Seriz* Mayi (koupe zepi a) Rezen Pèch* Prin* Melon kale Joumou livè (Winter squash)  *retire grenn nan	Aticho Asparagus Bwokoli Chou Briksèl Chou Kawòt Choufle Seleri  Berejenn Pwa vèt Legim fèy Okra Zonyon Kawòt blan (parsnip) Pwawwon Joumou lete (Summer squash) Zucchini	Pòm Bètrav Pwa ak legim Pòm detè Patat dous Tomat Joumou Radi Joumou livè (Winter squash)
<b>Konsèy lè w ap konjle</b>	<b>Etap pou Blanchi</b>	<b>Fason pou Kwit</b>
<ul style="list-style-type: none"> <li>Lave tout fwi ak legim sa yo anvan ou mete yo nan frizè.</li> <li>Konsève manje nan yon veso ki gen yon kouvèti ki byen kachte.</li> <li>Ekri dat la sou veso a anvan w konjle l. Manje a ap konsève pou sis mwa apeprè.</li> </ul>	<ul style="list-style-type: none"> <li>Bouyi ase dlo pou kouvri tout pwodui yo nan bonm lan.</li> <li>Netwaye fwi ak legim yo. Koupe yo nan moso ki gen menm gwosè.</li> <li>Mete pwodui yo nan dlo bouyi a epi bouyi yo jis pou yo mou (youn a senk minit).</li> <li>Rense yo anba dlo frèt jouk yo fre.</li> <li>Filtre yo nan paswa, mete yo nan yon veso ki byen kachte epi konjle yo.</li> </ul>	<ul style="list-style-type: none"> <li>Kwit oswa woti</li> <li>Sote</li> <li>Bouyi</li> <li>Kwit nan vapè</li> <li>Fè mijote</li> </ul>

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# Easy Ways to... Keep Food Safe

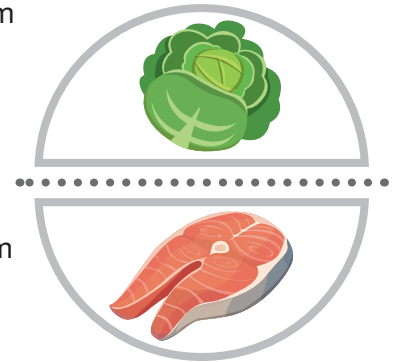
## **CLEAN** your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



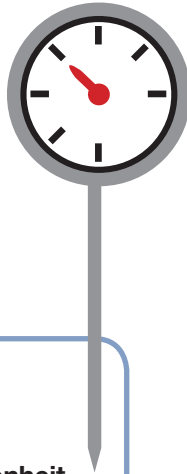
## **SEPARATE** raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



## **COOK** foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

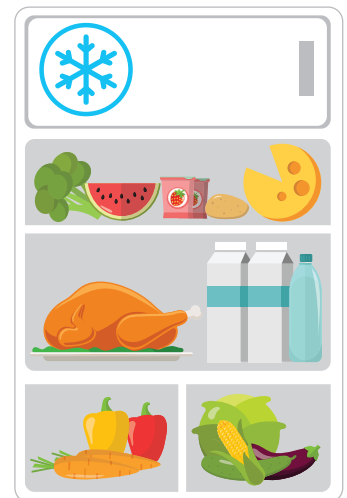


### **Safe Cooking Temperatures:**

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

## **CHILL** foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



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# Fason pou...

# Byen Konsève Manje

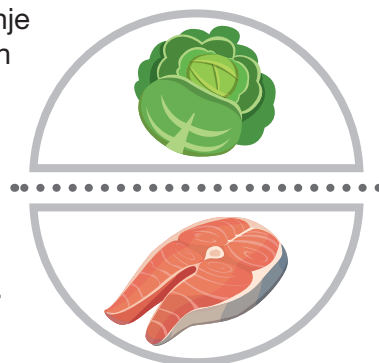
## NETWAYE men ou ak sifas yo souvan.

- Lave men w avèk savon ak dlo cho pou 20 segonn.
- Lave istansil yo ak planch pou koupe yo regilyèman.
- Rense fwi ak legim yo anba dlo k ap koule.



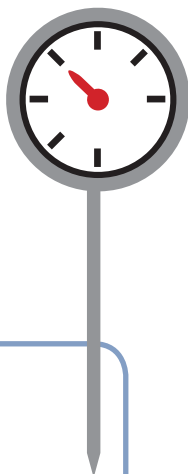
## SEPARE vyann kri, bèt volay ak fwidmè.

- Konsève yo lwen manje ki pare pou manje nan frijidè ou.
- Sèvi ak yon sifas separe pou koupe ak prepare manje.
- Kenbe yo lwen lòt manje nan charyo ou.



## KWIT manje yo nan yon bon tanperati.

- Chofe manje yo pou touye mikwòb ki ka fè ou malad.
- Itilize yon tèmomèt manje pou tcheke tanperati anndan manje yo lè wap fè manje.

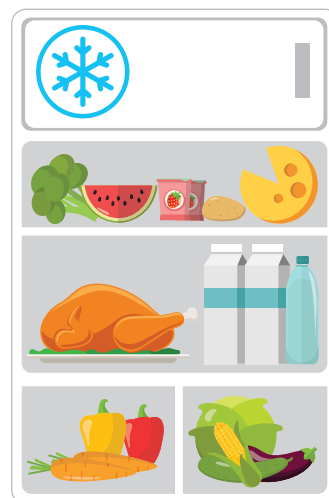


### Tanperati ki Bon pou Kwit Manje:

- Bèt Volay: **165 degre Farenay**
- Vyann Moulèn: **160 degre Farenay**
- Moso vyann bèf, kochon, vo oswa mouton: **145 degre Farenay**

## Kenbe manje ou FRE.

- Kenbe frijidè w la sou 40 degre Farenay oswa pi ba.
- Mete manje nan frijidè de (2) zèdtan apre ou fin kwit li oswa retire li nan frijidè a.
- Toujou dejele manje nan frijidè a.



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# 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		

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# Fason Fasil pou... Fè yon Lis pou Makèt



1. Make repa ak ti goute yo anba a. Eseye mete tout senk (5) gwoup manje yo nan chak repa, epi de (2) nan senk (5) gwoup manje yo omwen nan chak ti goute.

Jou/Repa	Meni	Fwi	Legim	Sereyal	Pwoteyin	Pwodui abaz lèt ki gen tikras grès
Lendi, dine	Pasta Zucchini Somon Prin	Prin	Zucchini Zonyon Lay Tomat	Pasta ble antye	Somon	Lèt 1%

2. Chèche engredyan nan kabinèt ou ak frijidè w. Fè yon lis makèt pou sa ou bezwen achte yo.

**Egzanp:**

1. Prin	1. _____	5. _____
2. Zucchini	2. _____	6. _____
3. Lay	3. _____	7. _____
4. Tomat	4. _____	8. _____
5. Somon		
6. Lèt 1%		

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# Easy Ways to... Read an Ingredients List

## Choose items with a list that...

### ✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

### ✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

### ✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word “whole” should appear as the first or second ingredient.

### ✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

## Avoid items with a list that...

### ✗ Is long

As a general rule, long ingredients lists mean more sugars and additives.

### ✗ Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

### ✗ Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing “bad” cholesterol (LDL) and decreasing “good” cholesterol (HDL).

### ✗ Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

## Bread #1: Healthier Choice

**INGREDIENTS:** 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

## Bread #2: Less Healthy Choice

**INGREDIENTS:** ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE**, GLYCERIN, **POLYDXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYLALATE, PYRIDOXINE HYDROCHOLRIDE, RED #40, YELLOW #5

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Just Say Yes to Fruits and Vegetables



# Fason Fasil pou... Li yon Lis Engredyan

## Chwazi pwodwi ki make sou yon lis ki...

### ✓ Kout

Anjeneral, mwens yon pwodwi gen engredyan, se plis li bon pou sante.

### ✓ Fasil pou konprann

Chwazi manje ki gen engredyan ki pa gen non konplike.

### ✓ Gen ladan grenn antye

Nan sereyal pou manje maten, ti biskwit, pasta ak pen, mo “whole (antye)” la dwe parèt kòm premye oswa dezyèm engredyan.

### ✓ Gen ladan san sik oswa tikras sik

Chwazi manje ki pa gen anpil sik (gade Pen #2 ki anba a, kote non komen pou sik yo ekri **fonse**).

## Evite pwodwi ki make sou yon lis ki...

### X Long

Anjeneral, lis engredyan ki long yo vle di plis sik ak aditif.

### X Difisil pou konprann

Evite engredyan ou pa rekonèt oswa ou pa ka pwononse.

### X Gen ladan grès trans oswa lwil pasyèlman idwojene

Grès trans yo ogmante risk pou w fè maladi kè lè yo ogmante “move” kolestewòl (LDL) epi diminye “bon” kolestewòl (HDL).

### X Gen ladan anpil sik

Non komen pou sik yo gen ladan sik kann, siwo myèl, sikwoz, glikoz, friktoz, dekwwoz, siwo mayi ak anpil friktoz, konsantre ji fwi, melas ak sik envèti.

## Pen # 1: Chwa ki pi bon pou Sante

**ENGREDYAN:** 100% WHOLE WHEAT FLOUR (FARIN BLE ANTYE), WATER (DLO), SOYBEAN OIL (LWIL SOYA), **MOLASSES (MELAS)**, YEAST (LEVI), WHEAT GLUTEN (GLUTEN BLE), CALCIUM PROPIONATE (PWOPYONAT KALSYÒM) (POU EVITE DETERYORASYON), NON FAT MILK (LÈT SAN GRÈS), SALT (SÈL)

## Pen # 2: Chwa Ki Mwens bon pou Sante

**ENGREDYAN:** ENRICHED WHEAT FLOUR (FARIN BLE ANRICH), **CORN SYRUP (SIWO MAYI), SUGAR (SIK)**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL (LWIL SOYA AK PALMIS DEZIDWOJENE PASYÈLMAN), **SUCROSE (SIKWOZ), DEXTROSE (DEKSTWOZ), HIGH FRUCTOSE CORN SYRUP (SIWO MAYI KI GEN ANPIL FRIKTOZ), FRUCTOSE (FRIKTOZ)**, GLYCERIN (GLISERIN), **POLYDEXTROSE (POLIDEKSTWOZ)**, MODIFIED CORN STARCH (LANMIDON MAYI MODIFYE), SALT (SÈL), SODIUM STEAROLY LACTYLATE (STEARIL SODYÒM LAKTILE), PYRIDOXINE HYDROCHLORIDE (IDWOKLORI PIRIDOKSIN), RED (WOUJ) #40, YELLOW (JÒN) #5

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# Easy Ways to... Save Money by Buying in Season

Look for fruits and vegetables grown in New York State.



## Spring

### Fruits

Apples

### Vegetables

Asparagus  
Beets  
Broccoli  
Cabbage  
Cauliflower  
Collard greens  
Kale  
Lettuce  
Mushrooms  
Mustard greens  
Parsnips  
Peas  
Radishes  
Rhubarb  
Spinach  
Sprouts

## Summer

### Fruits

Cherries  
Melons  
Strawberries  
Peaches

### Vegetables

Beets  
Broccoli  
Cabbage  
Cauliflower  
Celery  
Corn  
Cucumbers  
Garlic  
Green Beans  
Lettuce  
Mushrooms  
Okra  
Onions  
Peppers  
Potatoes  
Summer squash  
Tomatoes  
Zucchini

## Fall

### Fruits

Apples  
Grapes  
Pears  
Raspberries  
Watermelon

### Vegetables

Beets  
Broccoli  
Cabbage  
Garlic  
Green beans  
Lettuce  
Mushrooms  
Onions  
Peppers  
Potatoes  
Pumpkin  
Radishes  
Sweet potatoes  
Turnip  
Winter squash

## Winter

### Fruits

Apples

### Vegetables

Beets  
Cabbage  
Carrots  
Garlic  
Mushrooms  
Onions  
Potatoes  
Sweet potatoes  
Winter squash

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# Fason Fasil pou... Ekonomize lajan Lè w Achte nan Sezou

Chèche fwi ak legim yo kiltive nan Eta New York.



## Sezon Prentan

### Fwi

Pòm

### Legim

Aspèj  
Bètrav  
Bwokoli  
Chou  
Chouflè  
Chou vèt  
Chou frize  
Leti  
Djondjon  
Fèy moutad  
Kawòt blan  
Pwa  
Radi  
Rhubarb  
Epina  
Chou

## Ete

### Fwi

Seriz  
Melon  
Frèz  
Pèch

### Legim

Bètrav  
Bwokoli  
Chou  
Chouflè  
Seleri  
Mayi  
Konkonm  
Lay  
Pwa Vèt  
Leti  
Djondjon  
Okra  
Zonyon  
Pwavwon  
Pòm detè  
Joumou lete  
Tomat  
Zucchini

## Otòn

### Fwi

Pòm  
Rezen  
Pwa (fwi)  
Franbwaz  
Melon

### Legim

Bètrav  
Bwokoli  
Chou  
Lay  
Pwa vèt  
Leti  
Djondjon  
Zonyon  
Pwavwon  
Pòm detè  
Joumou  
Radi  
Patat dous  
Navè  
Joumou livè

## Ivè

### Fwi

Pòm

### Legim

Bètrav  
Chou  
Kawòt  
Lay  
Djondjon  
Zonyon  
Pòm detè  
Patat dous  
Joumou livè

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# Easy ways to... Save Money on Healthy Food



## Home

**Plan** your meals and snacks for the week and **make a grocery list**.

**Keep your kitchen cabinets organized and take inventory** to avoid buying foods you already have.



**Reduce waste.** Cook with all parts of fruits and vegetables.



**Use leftovers.** Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.

## Farmers Markets

**Buy fruits and vegetables in season.** The prices are lower and the produce tastes better when it is the right time of year.



**Stock up** on fruits and vegetables when they are in season and freeze or can them for later use.



**Use your EBT/SNAP benefits.** For every \$2 spent at a New York City farmers market using EBT/SNAP get \$2 in Health Bucks, up to \$10 per day, to buy fresh fruits and vegetables.

## Supermarket

**Buy fresh, frozen or canned** fruits and vegetables.

**Buy dried beans, peas and lentils** instead of more expensive proteins.



**Buy whole foods** instead of convenience items. For example, buy whole apples instead of pre-cut apples.

**Buy less-expensive store brands** instead of name brands.

**Buy items** such as oatmeal, rice, beans and flour **in bulk or in family packs**.



Instead of buying sweetened beverages, **try tap water infused with citrus!**

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Just Say Yes to Fruits and Vegetables

# Fason Fasil pou w... Ekonomize Lajan ak Manje Ki Bon pou Sante Ou



## Lakay

**Planifye** repa w yo ak ti goute w yo pou semèn nan epi **fè yon lis makèt**.

**Kenbe plaka kwizin ou yo òganize epi fè yon envantè** pou w evite achte manje ou genyen deja.



**Diminye fatra.** Kwit tout pati ki nan fwi yo ak nan legim yo.



**Sèvi ak rès yo.** Sèvi avèk rès legim yo, grenn yo, vyann yo oswa pwa yo pou w fè yon soup, pou w fri oswa pou w fè yon 'casserole' (plat kote vyann, legim, diri oswa pasta nan menm plat la).

## Mache Kiltivatè

**Achte fwi ak legim ki an sezon yo.** Pri yo pi ba epi pwodwi a gen pi bon gou lè se bon moman nan ane a.



**Fè pwovizyon** fwi ak legim lè yo nan sezon yo epi mete yo nan frizè oswa konsève yo nan bwat pou w ka itilize yo pita.



**Sèvi ak avantaj EBT/SNAP ou yo.** Pou chak \$2 ou depanse nan yon mache kiltivatè nan Vil New York lè w itilize EBT/SNAP, w ap resevwa \$2 nan Health Bucks, jiska \$10 pa jou, pou w achte fwi ak legim ki fre.

## Makèt

**Achte fwi ak legim ki fre, ki nan frizè oswa ki nan bwat konsèv.**

**Achte pwa sèk, pwa frans ak lantiy** olye w achte pwoteyin ki pi chè.



**Achte manje ki poko prepare** olye w achte atik ki deja prepare. Pa egzanp, achte pòm antyeè olye w achte pòm ki tou koupe.

**Achte mak nan magazen ki pa chè** olye w achte gwo mak.

**Achte atik** tankou farin avwàn, diri, pwa ak farin **an gwo oswa ki nan pake pou fanmi.**



Olye pou w achte yon bwason ki gen sik ladan l, **eseye dlo tiyo ki gen sitwon tranpe ladan !**

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# Easy Ways to... Store Fruits and Vegetables

Properly stored fruits and vegetables stay fresh longer, taste better, maintain nutrients and save you money by reducing food waste.

## Cool, dark and dry place: 1 to 3 months



Potatoes  
Sweet potatoes  
Winter squash

Garlic  
Onions  
Shallots



## Counter: 3 to 10 days (refrigerate when ripe)



Apples  
Grapes  
Peaches  
Plums

Cherries  
Melons  
Pears  
Tomatoes



## Refrigerator: 3 to 14 days

Asparagus*	Berries	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery*
Chili peppers	Corn	Cucumbers
Eggplant	Green onions	Green beans
Herbs*	Leafy greens*	Leeks
Mushrooms	Okra	Peas
Peppers	Radishes	Summer squash
Zucchini		<i>*keep in plastic bag</i>



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# Fason Fasil pou... Konsève Fwi ak Legim

Fwi ak legim ki byen konsève rete fre pi lontan, yo gen pi bon gou, yo kenbe eleman nitritif yo epi yo fè w ekonomize lajan paske yo diminye fatra manje.

## Kote ki fre, fè nwa ak sèk: 1 a 3 mwa



Pòm detè  
Patat dous  
Joumou livè  
(Winter squash)

Lay  
Zonyon  
Echalòt



## Kontwa: 3 a 10 jou (mete nan frijidè lè yo mi)



Pòm  
Rezen  
Pèch  
Prin

Seriz  
Melon  
Pwa  
Tomat



## Frijidè: 3 a 14 jou

Aspèj\*  
Bwokoli  
Kawòt  
Piman chili  
Berejenn  
Fèy\*  
Djondjon  
Pwawwon  
Zucchini

Bè (berries)  
Chou Briksèl  
Chouflè  
Mayi  
Zonyon vèt  
Legim fèy\*  
Okra  
Radi

Bètrav  
Chou  
Seleri\*  
Konkonm  
Pwa vèt  
Powo  
Pwa  
Joumou lete

\*konsève nan sache plastik



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# Easy Ways to... Understand Signs of Hunger and Fullness



## Do...

- ✓ Eat at a table.
- ✓ Start with small servings.
- ✓ Chew slowly. It takes 20 minutes to know that you are full.
- ✓ Pay attention to how you feel and try to stop eating before you feel full.
- ✓ Enjoy your meals!

## Don't...

- ✗ Eat standing up.
- ✗ Overfill your plate.
- ✗ Eat too fast.
- ✗ Skip meals. This makes you more likely to overeat at the next meal.
- ✗ Eat in front of a screen.

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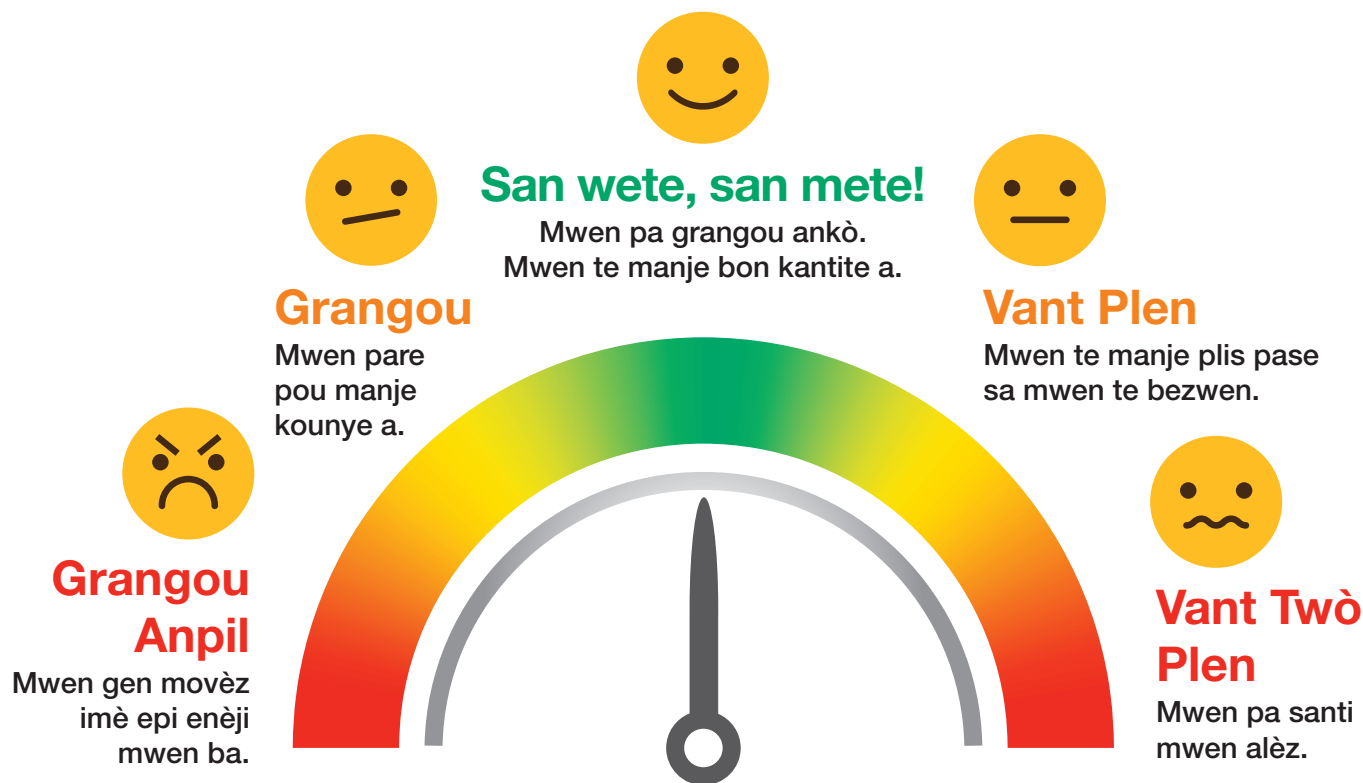
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Fason fasil pou...

# Konprann Siy lè W Grangou ak lè Vant ou Plen



## Sa pou w fè ...

- ✓ Manje sou yon tab.
- ✓ Kòmanse avèk pòsyon ki pi piti yo.
- ✓ Moulèn tou dousman. Li pran 20 minit pou konnen lè vant ou plen.
- ✓ Fè atansyon sou kijan ou santi ou epi eseye sispann manje anvan ou santi vant ou plen.
- ✓ Jwi manje ou!

## Sa pou w pa fè ...

- ✗ Manje pandan w kanpe.
- ✗ Plen asyèt ou ak manje.
- ✗ Manje twò vit.
- ✗ Sote repa. Sa fè ou manje twòp nan pwochen repa ou a.
- ✗ Manje devan yon ekran televizyon, telefòn, oswa òdinatè.

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# Easy Ways to... Use the Nutrition Facts Label

## 1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

## 2. Aim to meet your daily calorie goal.

Visit [choosemyplate.gov/MyPlatePlan](http://choosemyplate.gov/MyPlatePlan) to calculate your personal calorie needs.

## 3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

## 4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

## 5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is **LOW**
- 20 percent or more is **HIGH**

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount Per Serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*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.

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# Fason Fasil pou...

## Itilize Etikèt Enfòmasyon Nitrisyon yo

### 1. Kòmanse ak gwosè pòsyon an.

Tcheke kantite pòsyon ki gen nan chak veso epi gwosè chak pòsyon. Enfòmasyon sou Nitrisyon yo baze sou yon sèl pòsyon.

### 2. Vize pou ou reyalize objektif kalori ou chak jou.

Vizite [choosemyplate.gov/MyPlatePlan](http://choosemyplate.gov/MyPlatePlan) pou kalkile kantite kalori ou bezwen pèsònèlman.

### 3. Mete limit nan:

- Grès satire
- Grès trans
- Kolestewòl
- Sodyòm
- Sik ajoute

### 4. Manje ase:

- Fib
- Vitamin D
- Kalsyòm
- Fè
- Potasyòm

### 5. Fè atansyon sou % (Pousan) valè chak jou a (Daily Value, DV):

- 5 pousan oswa mwens, vle di BA
- 20 pousan oswa plis, vle di WO

### Enfòmasyon sou Nitrisyon

8 pòsyon pou chak veso	
Gwosè pòsyon	2/3 tas (55g)
Kantite pou chak pòsyon	
<b>Kalori</b>	<b>230</b>
% Valè Chak jou*	
Grès Total 8g	10%
Grès Satire 1g	5%
Grès Trans 0g	
Kolestewòl 0mg	0%
Sodyòm 160mg	7%
Total Idrat kabòn 37g	13%
Fib Alimantè 4g	14%
Total Sik 12g	
Gen ladan 10g Sik Ajoute	20%
Pwoteyin 3g	6%
Vitamin D 2mcg	10%
Kalsyòm 260mg	20%
Fè 8mg	45%
Potasyòm 235mg	6%

\*% Valè pou chak jou a (Daily Value, DV) endike ou ki kantite nan yon eleman nitritif nan yon pòsyon manje ki kontribye nan yon rejim alimantè chak jou. Yo itilize 2,000 kalori pa jou pou konsèy jeneral sou nitrisyon.

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3.19

Haitian Creole

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Health

*Just Say Yes* to Fruits and Vegetables

# Every Sip Adds Up

Sugary drinks are linked to cavities, weight gain, type 2 diabetes and heart disease.

## 20-ounce soda



About **16** teaspoons of sugar



**240** calories

It would take 4,500 steps to burn off this drink.\*

## 20-ounce sports drink



About **9** teaspoons of sugar



**140** calories

It would take 2,500 steps to burn off this drink.\*

## 16-ounce energy drink



About **14** teaspoons of sugar



**220** calories

It would take 4,000 steps to burn off this drink.\*

\*Numbers may vary based on weight, height and the amount of energy expended.

## Choose New York City tap water!



- ✓ **0** teaspoons of sugar
- ✓ **0** calories
- ✓ **Healthy**
- ✓ **Clean**
- ✓ **Free**
- ✓ **Refreshing**



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# Chak Gòje Konte

Yo lye bwason sikre ak pwoblèm twou nan dan, moun ki pran pwa, dyabèt tip 2, ak maladi kè.

## Soda 20 ons



Apeprè 16 tikiyè sik



240 kalori

Li t ap pran 4,500 pa pou boule kalori ou pran nan bwason sa a.\*

## Bwason espò 20 ons



Apeprè 9 tikiyè sik



140 kalori

Li t ap pran 2,500 pa pou boule kalori ou pran nan bwason sa a.\*

## Bwason enèji 16 ons



Apeprè 14 tikiyè sik

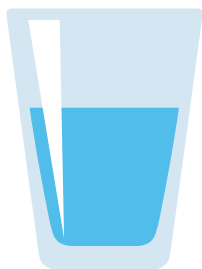


220 kalori

Li t ap pran 4,000 pa pou boule kalori ou pran nan bwason sa a.\*

\*Nimewo yo ka varye selon pwa, wotè ak kantite enèji ou degaje.

## Chwazi dlo tiyo Vil New York la!



- ✓ 0 tikiyè sik
- ✓ 0 kalori
- ✓ Bon pou Lasante
- ✓ Pwòp
- ✓ Gratis
- ✓ Rafrechisan



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# How much sugar is in your drink?

Sugary drinks—such as soda, sweetened iced tea, juice, and energy and sports drinks—are linked to weight gain, cavities, heart disease and type 2 diabetes.



Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 bottle</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 65g	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 65g	
Includes 65g Added Sugars	<b>130%</b>
<b>Protein</b> 0g	<b>0%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>* 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.</small>	

## Make better beverage choices:

- ✓ Drink and serve healthier beverages, like water or plain low-fat or fat-free milk.
- ✓ Add fresh fruit to your water.
- ✓ Check the amount of sugar in your drink by reading the Nutrition Facts label.

**65 grams of sugar =  
16 teaspoons of sugar!**



**The average adult should have  
no more than 12 teaspoons  
of added sugars per day.**

**This bottle of soda has  
too much sugar!**

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**NYC**  
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Just Say Yes to Fruits and Vegetables

# Ki kantite sik ki nan bwason ou an?

Yo lye bwason sikre-tankou bwason gazez, te glase sikre, ji, ak bwason enèji ak espò ak pwoblèm pran pwa, twou nan dan, maladi kè ak dyabèt tip 2.

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 bottle</b>
Amount Per Serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
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<b>Total Carbohydrate</b> 65g	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars 65g</b>	
Includes 65g Added Sugars	<b>130%</b>
<b>Protein</b> 0g	<b>0%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*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.	

## Fè pi bon chwa nan bwason:

- ✓ Bwè epi sèvi bwason ki pi bon pou lasante, tankou dlo oswa lèt senp ak yon ti kras matyè gra oswa san matyè gra.
- ✓ Ajoute fwi fre nan dlo ou.
- ✓ Li etikèt Enfòmasyon sou Nitrisyon an pou tcheke kantite sik ki nan bwason ou.

**65 gram sik =  
16 tikiyè sik!**



**Jeneralman yon adilt pa dwe pran plis pase 12 tikiyè sik yo ajoute pa jou.**

**Boutèy soda sa a gen twòp sik ladan!**

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# Stock up with... Staple Foods



Store these basic foods in your pantry to make quick and easy meals and snacks.

## Fruits and Veggies



Fresh, frozen, canned and dried fruits and vegetables are all great choices. Select fresh produce when in season.

## Whole Grains



Oats, bulgur, 100 percent whole grain pasta and cornmeal are quick cooking whole grains. Make brown rice when you have more time. Use 100 percent whole grain breads, tortillas and crackers.

## Protein Foods



Add lean proteins to your meals. Choose:

- ✓ eggs
- ✓ canned fish, such as tuna or salmon
- ✓ nut butters, such as peanut butter
- ✓ dried, low-sodium or no salt added canned beans
- ✓ nuts and seeds
- ✓ legumes, such as lentils

## Low-Fat Dairy



Keep low-fat string cheese, low-fat plain yogurt and low fat milk in the refrigerator. With fresh fruit, all make great snacks.

## Herbs and Spices



Store a variety of dried herbs and spices in a cool, dark place so they last longer.

## Other Ingredients



Keep vegetable oils, vinegars, low-sodium soy sauce, low-sodium or no salt added broths, and low-sodium or no salt added canned tomatoes on hand to make meals in a hurry.

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*Just Say Yes* to Fruits and Vegetables

# Achte gwo kantite... Manje Debaz



Konsève manje debaz sa yo nan gadmanje w pou fè repa ak ti goute ki fasil ak rapid.

## Fwi ak Legim



Fwi ak legim fre, konjle, nan bwat, yo tout se chwa ki bon anpil. Chwazi pwodui fre lè yo nan sezon.

## Grenn Antye



Avwàn, boulga, pasta grenn antye 100 pousan ak farin mayi se grenn antye ki kwit rapid. Fè diri mawon lè w gen plis tan. Sèvi ak pen, tòtiya ak ti biskwit 100 pousan grenn antye.

## Manje Pwoteyin yo



Ajoute pwoteyin ki pa gen anpil grès yo nan manje w. Chwazi:

- ✓ ze
- ✓ pwason nan bwat, tankou ton oswa somon
- ✓ bè nwa (nut butter), tankou manba
- ✓ pwa seche nan bwat, ki gen tikras sèl oswa ki san sèl ajoute
- ✓ nwa ak grenn
- ✓ legim, tankou lantiy

## Pwodui abaz lèt ki gen tikras grès



Konsève nan frijidè fwomaj fisèl (string cheese) ki gen tikras grès, yogout nati (plain yogurt) ki gen tikras grès ak lèt ki gen tikras grès. Avèk fwi fre, yo tout fè ti goute ki bon anpil.

## Fèy ak Epis



Konsève divès kalite fèy ak epis seche nan yon kote ki fre, ki fènwa, pou yo dire pi lontan.

## Lòt Engredyan yo



Pou prepare manje byen rapid, konsève toupre lwil vejetal, vinèg, sòs soya ki gen tikras sèl, bouyon ki gen tikras sèl oswa san sèl, ak tomat nan bwat ki gen tikras sèl oswa ki san sèl ajoute.

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