

GUIDE TO GOOD FOOD: **EASY WAYS TO BUILD A HEALTHIER DIET**

University of Rhode Island

Fall 2000

Easy Ways to Get More Fruits Into Your Diet

- Start each day with juice or fruit
- Have fruit for a morning and/or afternoon snack
- Have fruit at lunch
- Have fruit instead of other desserts
- Drink juice as a beverage instead of coffee and soda
- Add fruit to your salads
- Stock up on fruits that are on sale (canned, fresh and frozen)
- Eat lots of fruit in season... when cost is lower and freshness is higher
- Eat 3 meals a day!

Easy Ways to Get More Vegetables Into Your Diet

- Keep several types of vegetables – fresh, frozen, and canned – on hand all the time
- Serve 2 vegetables at dinner
- Have salad every day
- Add vegetables to your sandwiches
- Keep cut-up vegetables in easy reach in your refrigerator for a fast and nutritious snack
- Stock up on vegetable soups, especially those with beans like minestrone and vegetarian chili
- Enjoy vegetables in season from farm stands and other markets

Easy Ways to Get More Calcium Into Your Diet

- Have 2 servings daily of low-fat milk, cheese or yogurt (or calcium-fortified milk alternatives such as soy milk)
- Eat dark green, leafy vegetables like kale, beet greens, collards, spinach and romaine lettuce often
- Eat a variety of dried beans such as chickpeas, black beans, pinto beans and soybeans often
- When buying tofu (bean curd), choose a brand processed with calcium sulfate
- Snack on calcium-rich fruits and nuts like figs, fortified orange juice, and almonds
- Limit foods that can cause your body to lose calcium, such as soft drinks, salty foods, animal protein, and caffeine.

“Easy Ways” Recipes for Good Health

Tuscany Bean Soup

3 cloves garlic, minced
1 small onion, chopped
1 small carrot, sliced
1 (10-ounce) package frozen chopped spinach, thawed and drained
1 (14-ounce) can cannellini beans, drained and rinsed
6 cups chicken or vegetable broth
1 teaspoon dried basil
1/4 teaspoon coarse ground black pepper
1/4 cup grated Parmesan cheese (optional)
1 tablespoon chopped fresh parsley

Spray a large pot with vegetable cooking spray. Add garlic, onion and carrot. Cook until tender, about 5 minutes. Add spinach, beans, broth and basil. Simmer over medium heat until mixture is heated through and thickens just slightly, about 20 minutes. Add pepper. Serve soup into bowls and sprinkle with parmesan cheese (if using) and parsley; serve immediately. Makes 6 servings; 117 calories, 5 grams fat per serving

5 Fruit Salad

1/2 cup orange juice
1 cup blueberries
1 cup watermelon
1 banana, peeled and sliced
1 peach or nectarine, pitted and cubed
Pour juice over fruits and refrigerate until chilled, up to 24 hours. Makes 4 servings; 83 calories per serving

Cheese and Bean Quesadillas

2 cups shredded cheese	1 can refried beans
1/2 cup chopped onion	1/4 cup chopped cilantro (or parsley)
1 tablespoon lime juice	1 cup salsa
8 flour tortillas	

Preheat oven to 375 degrees. Mix cheese, beans, onion, cilantro, and lime juice in a bowl. Place 4 tortillas on a baking sheet. Divide bean mixture among the tortillas, spreading almost to edges. Top with remaining tortillas and press edges together to seal. Bake until cheese is melted and tortillas are golden brown. Cut quesadillas into quarters and serve with salsa. Serves 6; 370 calories each