

MyPyramid "Steps to a Healthier You" at Farmers' Markets

FOCUS ON FRUITS

Eat a variety of fruits—fresh, frozen, canned, or dried—rather than fruit juices for most of your fruit choices.

VARY YOUR VEGGIES

Eat more dark green and orange vegetables and dried beans.

GET YOUR CALCIUM-RICH FOODS

Drink 3 cups of 1 % or fat free milk—or an equivalent amount of low-fat yogurt or low-fat cheese (1 ½ ounces of cheese equals 1 cup of milk)—every day.



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States
Department of Agriculture * Local
Extension Councils Cooperating
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FARMERS' MARKET NUTRITION PROGRAM



MAKE HALF YOUR GRAINS WHOLE

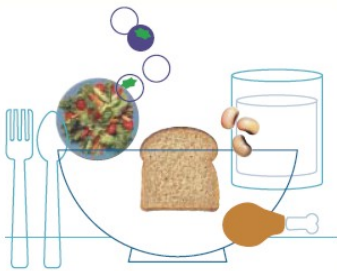
Eat at least 3 ounces ($\frac{1}{2}$ cup oatmeal + 1 slice of whole wheat bread + $\frac{1}{2}$ cup brown rice) of whole-grain cereals, breads, crackers, pasta, or brown rice every day.

GO LEAN WITH PROTEIN

Choose lean meats and poultry (remove skin). Bake, broil or grill it. Eat more fish, beans, peas, nuts, and seeds.

KNOW THE LIMITS ON FATS, SALT, AND SUGARS

Read Nutrition Facts labels. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars.



FIND YOUR BALANCE BETWEEN FOOD AND PHYSICAL ACTIVITY

Regular physical activity is important for your health. It can also help control body weight. Be active for at least 30 minutes most days of the week.



To learn more about healthy eating and healthy lifestyles go to <http://www.mypyramid.gov> or contact your local Food Stamp Nutrition Education program:

Broiled Tomatoes with Mozzarella

2 large ripe tomatoes
Salt and black pepper, to taste
1 teaspoon balsamic vinegar
 $\frac{3}{4}$ cup shredded mozzarella cheese

1. Cut each tomato into 6 slices.
2. Season with salt and pepper, and place on a lightly oiled baking sheet.
3. Add a few drops of balsamic vinegar to each slice,.
4. Top each tomato with 1 Tablespoon of shredded mozzarella cheese.
5. Broil or bake tomatoes:
BROIL - Place under the broiler and cook until the cheese is melted.
BAKE - Bake in a preheated 350°F oven for 5 to 8 minutes, until the cheese is melted.

Serves 6.

Nutrition Facts (per 2 tomato slices): Calories 50 ~ fat 2.5 grams ~ calories from fat 25 ~ carbohydrates 3 grams ~ sodium 105 mg ~ fiber 1 g