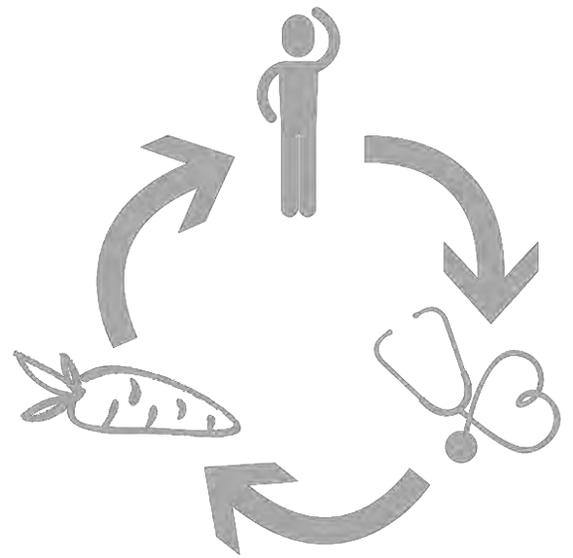




Week 4

This week we are going to cover 3 items:

1. **Eating More Vegetables and Fruit**
A list of tips for increasing vegetable and fruit intake.
2. **Cooking Greens**
How to process and prepare delicious greens.
Which greens you should stir fry, and which to sauté.
3. **Healthy Portion Sizes**
It's helpful to compare your portions to the size of your hand. Check out this sheet to guide you in choosing healthy amounts of each food.

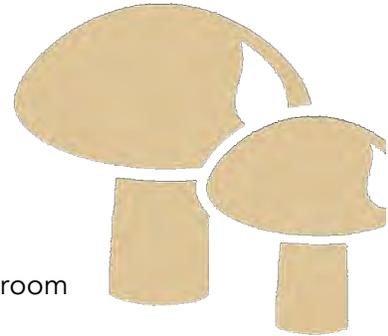


Weekly goals:

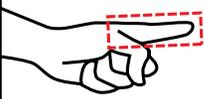
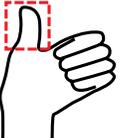
- Eat more vegetables
- Learn how to cook greens
- Consume appropriate serving sizes and healthy portions

How to Eat More Fruits and Vegetables

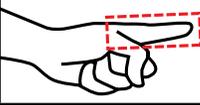
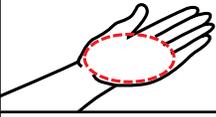
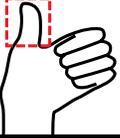
- Pack portable, easy-to-eat fruits and veggies in your work or school bag.
- Add frozen vegetables like peas or broccoli to rice when it's almost done cooking. Or add extra veggies to soups, stews, and your family's favorite dishes.
- Try a meatless meal once a week. Think vegetable lasagna, Portobello mushroom "burgers" or grilled veggie kabobs.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking!
- When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides. Ask for extra vegetables when you can.
- Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions.
- Enjoy fruit for dessert most days and limit traditional desserts to special occasions.
- Make it fun. Pick out a new fruit or vegetable in the grocery store each week, figure out a new method to cook or prepare it. You might end up expanding your palate as well!
- Eat the rainbow: A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.
- Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini
- Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
- Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.



Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)	 	Pointer finger	1½ ounces
Milk and yogurt (glass of milk)	 	One fist	1 cup
Vegetables			
Cooked carrots	 	One fist	1 cup
Salad (bowl of salad)	 	Two fists	2 cups
Fruits			
Apple	 	One fist	1 medium
Canned peaches	 	One fist	1 cup
Grains: Breads, Cereals, Pasta			
Dry cereal (bowl of cereal)	 	One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)	 	Handful	½ cup
Slice of whole-wheat bread	 	Flat hand	1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)	 	Palm	3 ounces
Peanut butter (spoon of peanut butter)	 	Thumb	1 tablespoon

Gráfica de Comparación de Porciones

ALIMENTO	SÍMBOLO	COMPARACIÓN	PORCIÓN
Lácteos: Leche, Yogur, Queso			
Queso (queso para deshebrar)			Dedo índice 1½ onzas
Leche y yogur (vaso de leche)			Un puño 1 taza
Verduras			
Zanahorias cocidas			Un puño 1 taza
Ensalada (tazón de ensalada)			Dos puños 2 tazas
Frutas			
Manzana			Un puño 1 mediana
Duraznos enlatados			Un puño 1 taza
Granos: Panes, Cereales, Pasta			
Cereal seco (tazón de cereal)			Un puño 1 taza
Fideos, arroz, avena (tazón de tallarines)			Puñado ½ taza
Rebanada de pan integral			Mano extendida 1 rebanada
Proteína: Carne, Frijoles, Nueces			
Pollo, carne, pescado, puerco (pechuga de pollo)			Palma 3 onzas
Crema de cacahuete (cucharada de crema de cacahuete)			Pulgar 1 cucharada