



# NUTRITION NEWS

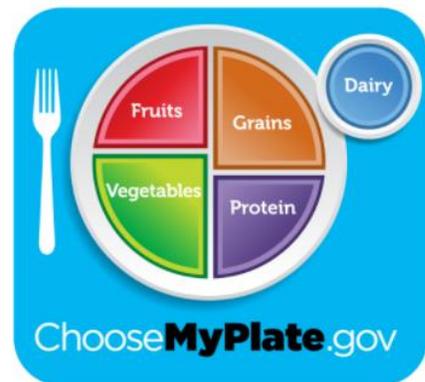
Nutrition and Education Programs

January 2021

## Food Groups for Healthy Living

Proper nutrition is important in living a healthy life. There are 5 main food groups to include in your daily life:

1. Fruits
2. Vegetables
3. Grains
4. Protein Foods
5. Dairy



### Tips and facts for healthy eating every day:

- Eat a wide variety of foods.
- Each color of fruits and vegetables have different health benefits so it's best to consume all colors of fruits and vegetables. This is known as "Eating the Rainbow".
- 1 cup of fruit is recommended each day.
- Vegetables are encouraged to average about 1-3 cups per day.
- Half of grains are encouraged to be whole grains.
- The amount of grains each person needs vary between 3 and 8 ounce-equivalents each day.
- Protein intake is suggested to be around 2 and 6½ ounce-equivalents each day.
- 2-3 cups of dairy is the recommended daily amount.
- Consume as much water as possible in place of sugary drinks.

## Eat a Rainbow Every Day!



<https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>  
<http://karespurplericeproducts.com/eat-a-rainbow-every-day/>

**Nutritious food choices add color to any diet**

This institution is an equal opportunity provider

# Mango Berry Rotini Salad



**Yield:**  
4 servings

**Ingredients:**

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups Fresh Baby Spinach
- 1/2 cup reduced-fat feta cheese

**For the vinaigrette:**

- 3 tablespoons extra virgin olive oil
- 2 tablespoons raspberry vinegar
- 1 teaspoon sugar
- 1 teaspoon poppy seeds
- 1/4 teaspoon salt

**MyPlate Food Groups**

 Fruits	1 cup
 Vegetables	1/4 cups
 Grains	1 ounce
 Dairy	1/4 cups

**Directions:**

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

**Serving Suggestions:**

Serve with an 8oz glass of non-fat milk

Source: Produce for Better Health Foundation



**Good news about everything that's good to eat!**

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