

# Nutrition Basics and What to Look Out For

- The MyPlate method is a great catch-all for everyone's meals throughout the day.
- Following the MyPlate method can help reduce the chances of developing chronic health issues and keep key health indicators within normal ranges.



## Blood Pressure Ranges for age: Men

41-45: 115.5/ 78.5

46-50: 119.5/ 80.5

51-55: 125.5/ 80.5

56-60: 129.5/ 79.5

61-65: 143.5/ 76.5

## Blood Pressure Ranges for age: Women

41-45: 116.5/ 73.5

46-50: 124/ 78.5

51-55: 122.55/ 74.5

56-60: 132.5/ 78.5

61-65: 130.5/ 77.5

Heart Rate- 60  
to 120 beats per  
minute

Blood Sugar  
Range- 80 to  
120

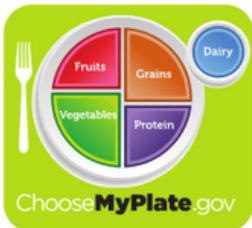
## Daily Food Group Intake Amounts:

### Men:

Fruit: 1 1/2 - 2 cups  
Vegetables: 2 1/2- 3 1/2 cups  
Grains: 3-5 servings  
Protein: 5 1/2- 6 1/2 servings  
Dairy: 3 cups

### Women:

Fruit: 2 Cups  
Vegetables: 2-3 cups  
Grains: 3-5 servings  
Protein: 5-6 servings  
Dairy: cups



This Institution is an equal opportunity provider

# CHEESY LENTIL PIE

**Yield: 8**

**Prep time: 10 MINUTES**

**Cook time: 50 MINUTES total time: 1 HOUR**

## INGREDIENTS

**1 cup brown lentils**

**1 cup rice, (white or brown)**

**5 cups water or stock, (chicken, beef, or vegetable)**

**1 8-ounce can tomato sauce, (or more to taste)**

**salt, (to taste)**

**1 cup cheddar cheese, shredded**



## INSTRUCTIONS

- **Heat water or stock in a large saucepan over high heat. Bring it to a boil. Stir in lentils and and rice. When it all comes to a boil again, decrease heat to simmer. Cover, and let cook 30-40 minutes, until lentils and rice are tender. Keep in mind that brown rice will take longer to cook than white.**
- **Meanwhile, preheat oven to 350 F.**
- **Add tomato mixture and salt to rice and lentils. Stir to combine.**
- **Pour the lentils and rice mixture into a 9x13-inch pan, smoothing the top with a rubber spatula. Sprinkle evenly with cheese.**
- **Bake for 10 minutes, until cheese is melted.**

## NOTES

**Feel free to add paprika, chili powder, cumin, and extra garlic to add more flavor. Top with fresh cilantro.**