



Meals in the Field

PLANNING NUTRITIOUS MEALS

Whether during planting or harvest, take steps to prepare healthier meals during these busy times when food is eaten in the field more often than at the table.



Make It A Meal

MyPlate is the current food guide, with 5 food groups.

Food Groups at Meals

- Aim to include 3 to 5 food groups at any meal.

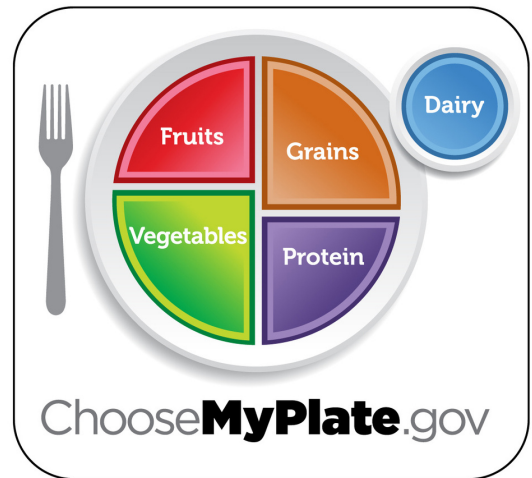
Variety and Color

- Focus on eating different foods in each food group over a week.
- Focus on eating many colors of fruits and vegetables over a week.

Nutrition Basics

Choose foods with:

- Less sodium and added sugars.
- More heart-healthy fats, such as nuts and seeds, avocado, fish, and oils (excluding tropical oils, like coconut).
- More fiber, including whole fruits and veggies, whole grains, nuts and seeds, and beans.



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Staying Full

Meals that contain fiber, protein, and fat will digest slowly and help you feel fuller for longer.

Fiber

- Fiber is found in all plant foods, including fruits, vegetables, nuts and seeds, beans, and whole grains.
- Processing reduces fiber. For example, a whole apple has the most fiber with apple juice having no fiber.

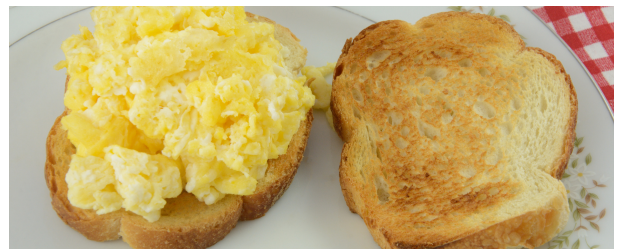
Protein

- Animal foods have protein, including meat, poultry, fish and seafood, and dairy.
- Plant foods have protein, including beans and nuts and seeds.

Fat

- Fats are found in both plant and animal foods. Choose fats from plants more often, as they are more heart-healthy.

See the first page for examples of heart-healthy fats.



MyPlate food groups included: grains, protein, fruit, dairy
Meal of scrambled eggs (protein) and whole-grain toast (fiber), apples (fiber) and peanut butter (fat, fiber, protein), and low-fat yogurt (protein, fat)



MyPlate food groups included: vegetables, protein, fruit
Meal of pork roast (protein, fat), oil roasted potatoes and carrots (fiber, fat when roasted in oil), tomato cucumber salad with dressing (fiber, fat), and grapes (fiber)



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