

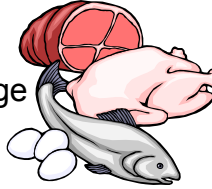

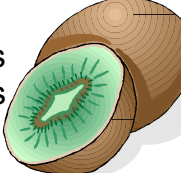
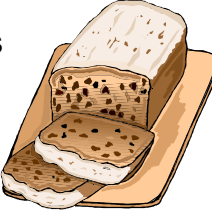



GROCERY LIST

(use as a checklist when making your list)

<p>Others</p> <p>Butter-Margarine Ketchup Salad Dressing Coffee -Tea Vegetable Oil</p> 	<p>Staples</p> <p>Flour Salt Sugar Herbs Spices Condiments Soups</p> 
<p>Milk Group</p> <p>Milk Yogurt Cottage Cheese Ice Cream Natural Cheese Others</p>	<p>Meat Group</p> <p>Chicken Eggs Beef Nuts Pork Sausage Fish Tuna Dried Beans Peanut Butter</p> 
<p>Vegetable Group</p> <p>Peas Onions Celery Carrots Beans Lettuce Cucumber Broccoli</p> <p>Cauliflower Peppers Squash Corn Potato Mushrooms Tomato</p> 	<p>Fruit Group</p> <p>Apple Melon Cherries Orange Kiwifruit Pears Plums</p> <p>Pineapple Raisins Grapefruit Berries Peaches Bananas Grapes</p> 
<p>Fresh, Canned or Frozen</p>	
<p>Crackers Bagels Cake Cereal Oatmeal Cookies</p> 	<p>Bread Group</p> <p>Muffins Rolls Pastries Pasta Popcorn Taco Shells</p> <p>Bread Sandwich buns Pretzels Rice Tortillas Chips</p> 

Menu Planning For Meals A-Plenty



UW
Extension

Cooperative Extension – Family Living Programs

**Wisconsin
Nutrition
Education
Program**

Dunn County UW-Extension
Government Center
800 Wilson Avenue, Room 330
Menomonie, WI 54751
715-232-1636

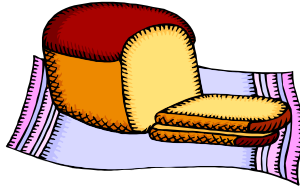
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Stock your cupboard with healthy staples.

- * whole grain breads
- * high fiber cereals
- * beans and peas
- * low-calorie snacks



Use balance, variety and moderation.

- * think moderate portion size
- * choose foods from each food group of MyPyramid



- * keep taste and flavor in mind
 - spicy tart
 - bland sweet
- * vary the color in food choices
- * include different shapes, sizes and textures
 - soft rough chewy
 - crisp smooth solid

Balance detailed preparation and clean-up with easy-to-prepare items

Consider family likes and dislikes.

Check on foods in season and on special.



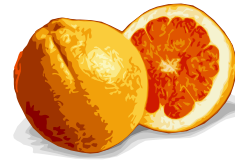
PLAN 3 meals a day and include a healthy snack.

Recipes

Carrot Orange Raisin Salad

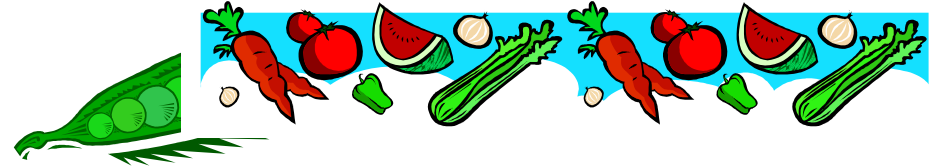
Makes 6 servings.

150 calories and 7 grams of fat per serving.
Good source of Vitamins A and C.



- 1 ½ cups carrots, grated
- 1 cup orange, diced or 1 can (11 oz.) mandarin oranges, drained
- ½ cup raisins
- ½ cup salad dressing

Mix carrots, oranges, and raisins together lightly. Add salad dressing and stir; chill. Serve on lettuce or chopped cabbage.



Split Pea Soup

Makes 6 servings, 1 cup each

Calories 220 and 2 grams of fat per serving.

- 1 small boneless smoked pork chop (about 3 ounces)
- 1 ½ cups dry green split peas
- ½ cup onion, chopped
- ½ cup carrot, shredded
- 1/8 teaspoon pepper
- 2 ½ cups water
- 3 ½ cups low-sodium chicken broth



1. Cut fat from smoked pork chop; discard. Chop or dice meat.
2. Mix ingredients in a large saucepan. Bring to a boil, cover, reduce heat, and simmer 1 ½ hours. Stir occasionally.

Each serving provides:

Meat alternative equal to 1-½ ounces from meat group

½ serving from vegetable group.