



# USING THE NEW FOOD PYRAMID TO HELP YOU GROCERY SHOP

## Protein, Dairy & Healthy Fats

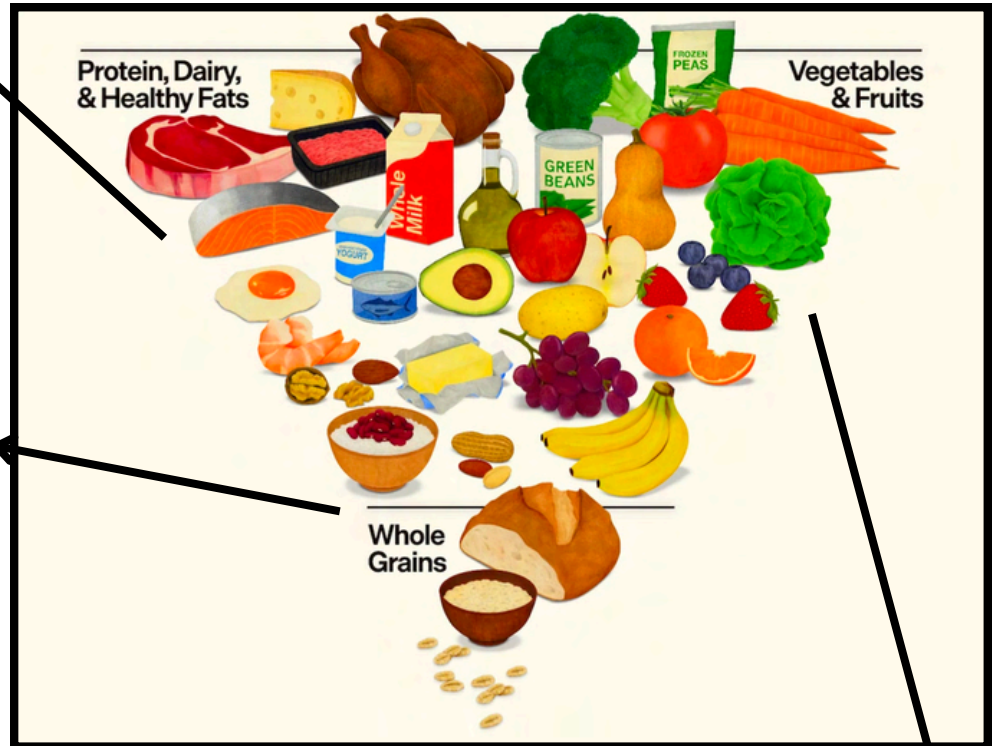
*[Top of the Pyramid – Eat These Most Often]*

Protein at every meal helps keep you full and supports muscle and immune function.

**Protein:** chicken, beef, turkey, eggs, fish,

**Dairy:** milk, yogurt, cheese, butter

**Healthy fats:** olive oil, nuts & seeds, avocado



## Whole Grains

*[Base of the Pyramid – Important, But Smaller]*

These provide fiber, energy, and can be a good source of B vitamins.

### Good carb choices:

Brown rice, oats, barley

Whole wheat bread or pasta

Sweet potatoes

**Limit:** refined grains like white bread, white pasta, and other highly processed carbs.

## Vegetables & Fruits

*[Middle of the Pyramid – Eat Often]*

Fruits and vegetables provide fiber, micronutrients, and plant compounds that support digestion, blood sugar control, and heart health.

### Choose a rainbow:

Leafy greens (spinach, cabbage)

Colorful veggies (carrots, peppers)

Fresh or frozen fruit (berries, apples, oranges)



## Added Sugars

To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”

Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, maltose, lactose, fruit juice concentrate, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.

Some foods and drinks, such as fruits, honey, and plain milk, have naturally occurring sugars, which are not added sugars.



## Gut Health

Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high fiber foods support a diverse microbiome, which may be beneficial for health.



# \$20 HEALTHY FAMILY MEALS

Affordable & Protein Forward Recipes

## CREAMY TUNA PASTA

**Serves:** 4

**Ingredients**

- 2 boxes whole-wheat pasta (\$3.00)
- 3 cans tuna in water (\$4.50)
- 1 cup plain Greek yogurt (\$2.00)
- ½ cup frozen peas (\$0.75)
- 1 onion, diced (\$0.75)
- 2 cloves garlic (\$0.20)
- Olive oil, salt, pepper

**Directions:**

Cook pasta according to package directions.

Sauté onion and garlic in oil.

Stir in tuna and peas, heat through.

Remove from heat, mix in yogurt and pasta. Season to taste.

**TOTAL COST:** \$11.20



## BEEF & LENTIL STEW

**Serves:** 4

**Ingredients**

- 1½ lb beef stew meat (\$9.50)
- 1 cup dried lentils (\$1.25)
- 3 carrots, chopped (\$1.00)
- 2 celery stalks, chopped (\$0.75)
- 1 onion, chopped (\$0.75)
- 1 can diced tomatoes (\$1.25)
- 4 cups beef broth (\$2.00)
- 2 cloves garlic (\$0.25)
- Olive oil, salt, pepper, thyme

**Directions:**

Heat oil in a large pot and brown beef on all sides.

Add onion, garlic, carrots, and celery; sauté 5 minutes.

Stir in lentils, tomatoes, broth, salt, pepper, and thyme.

Bring to a boil, then simmer covered 35–45 minutes until beef and lentils are tender.

**TOTAL COST:** \$16.75





# \$20 HEALTHY FAMILY MEALS

Affordable & Protein Forward Recipes

## CHICKEN & RICE POWER BOWL

**Serves:** 4

**Ingredients**

- 1½ lb chicken thighs (\$6.50)
- 1½ cups long-grain rice (\$1.50)
- 1 bag frozen mixed vegetables (\$2.00)
- 1 onion, diced (\$0.75)
- 3 cloves garlic (\$0.25)
- 2 tbsp soy sauce (\$0.50)
- Olive oil, salt, pepper, paprika

**Directions:**

Season chicken with salt, pepper, paprika.

Brown chicken in oil, remove from pan.

Sauté onion and garlic, add rice and toast briefly.

Add 3 cups water, vegetables, soy sauce, and chicken.

Cover and simmer 20 minutes until rice is tender.

**TOTAL COST:** \$11.50



## SOUTHWEST SKILLET

**Serves:** 4

**Ingredients**

- 1½ lb ground beef (80/20) (\$8.50)
- 2 cans black beans, drained (\$2.00)
- 1 onion, chopped (\$0.75)
- 1 bell pepper, chopped (\$1.00)
- 1 can diced tomatoes (\$1.25)
- 1½ cups rice (\$1.50)
- 2 tsp cumin + chili powder (\$0.50)
- Olive oil, salt, pepper

**Directions:**

Cook rice according to package directions.

Brown beef in a large skillet with onion and pepper; drain fat.

Add spices, tomatoes, and beans.

Simmer 15-20 minutes until thickened.

Serve over rice.

**TOTAL COST:** \$17.00





# \$20 HEALTHY FAMILY MEALS

Affordable & Protein Forward Breakfast Recipes

## BREAKFAST SCRAMBLE

**Serves:** 4

**Ingredients**

- 8 eggs (\$2.50)
- 1 bell pepper, chopped (\$1.00)
- 1 zucchini, chopped (\$1.50)
- 1 onion, chopped (\$0.75)
- ½ cup shredded cheese (\$1.50)
- 2 tsp olive oil (\$0.25)
- Salt, pepper

**Directions:**

Heat oil in a skillet, sauté pepper, zucchini, and onion until soft. Beat eggs, pour over veggies, cook while stirring until eggs set. Sprinkle cheese on top, cook 1-2 minutes more until melted. Serve hot.

**TOTAL COST:** \$7.50



## OAT & YOGURT PANCAKES



**Serves:** 4

**Ingredients**

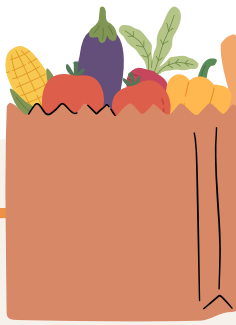
- 1½ cups rolled oats (\$1.00)
- 1 cup Greek yogurt (\$2.00)
- 3 eggs (\$0.90)
- 1 banana, mashed (\$0.50)
- 1 tsp baking powder (\$0.10)
- ½ tsp cinnamon (\$0.05)
- Cooking spray or oil (\$0.25)
- Fresh berries for topping (\$3.00)

**Directions:**

Blend oats, yogurt, eggs, banana, baking powder, and cinnamon into a smooth batter.

Heat a nonstick pan with spray, cook pancakes 2-3 minutes per side until golden.

Top with fresh berries and serve.



# GROCERY SHOPPING TIPS



1. Plan meals around what's on sale. Check grocery store flyers and ads.
2. Make a grocery list for healthy meals and snacks - and stick to it.
3. Buy store brand instead of brand name.
4. Use loyalty cards, coupons, or cash back apps.
5. Compare prices to get the best deal.
6. Weigh bagged produce to find the heaviest package for the same price.
7. Avoid pre-cut or individually packaged items.
8. Be open to discounted items close to sell-by date.
9. Buy staples like rice and beans in bulk.
10. Avoid bulk buys on items that spoil quickly.
11. Share bulk purchases with a friend or family.
12. Buy produce that's in season.
13. Shop alone if you can - bringing others leads to impulse buys.
14. Shop the perimeter of the store where fresh foods are.
15. Buy frozen fruits and vegetables - just as nutritious but cheaper.



# COOKING & MEAL PREP TIPS



1. Freeze leftovers, breads, or meats before they go bad.
2. Store food properly to keep it fresh longer.
3. Cook in batches.
4. Try simple recipes with fewer ingredients.
5. Try day-old bread for toast, croutons, or French toast.
6. Use what you have at home before buying more.
7. Prep fresh fruits and vegetables after shopping so they're easy to grab.
8. Use herbs and spices to add flavor without extra calories.
9. Use smaller plates to help with portion control.

# GROCERY LIST TEMPLATE

Use this grocery list as a starting point and add in your basic weekly staples (like seasonings, condiments, etc.)

## PICK 3 PROTEINS

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## PICK 3 VEGETABLES

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## PICK 2 DAIRY FOODS

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## PICK 3 FRUITS

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## PICK 2 HEALTHY FATS

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## PICK 3 WHOLE GRAINS

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## FOOD BANK



**Protein:** eggs, chicken, turkey, beef, pork loin, fresh or canned fish (tuna or salmon), beans (pinto, black, kidney), lentils

**Healthy Fats:** olive oil, canola oil, avocado, nuts, seeds, natural nut butters.

**Dairy:** milk, Greek yogurt, cheese, cottage cheese, butter

**Vegetables:** leafy greens (spinach, kale, collards, cabbage), onions, carrots, green beans, peppers, broccoli, tomatoes, sweet potatoes, squash. Fresh, frozen, or canned (low sodium).

**Fruits:** apples, oranges, bananas, berries, grapes, peaches, pears, pineapple. Fresh, frozen, or canned with no added sugar.

**Whole Grains/Starch:** oats, brown rice, whole wheat bread, whole grain pasta, cornmeal, potatoes, sweet potatoes, beans (also count as protein)

**Staples:** cooking oils, salt, pepper, vinegar, garlic, onions, flour or cornmeal, rice or oats, canned beans, canned tomatoes, frozen vegetables, broth or stock, basic spices (paprika, chili powder, cinnamon).

# HEART STRONG

LIVE LONG

## American College of Sport Medicine

### Exercise Recommendations for Adults:

“150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.”

## Warm Up: 10-15 minutes

Light walking, marching in place, arm circles, or any dynamic movements

### Bicep Curls

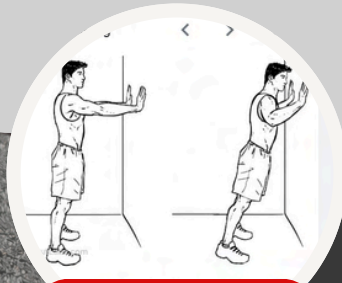
Stand or sit holding dumbbells, palms facing forward. Keep elbows close to your torso and curl the weights up toward your shoulders, then slowly lower them



10-15 Repetitions

### Wall Push Ups

Stand arm's-length from a wall, feet shoulder-width apart. Place palms on the wall at shoulder height. Bend elbows, bringing the chest toward the wall, then push back to starting position



10-15 Repetitions

### Supported

### Bent Over Row

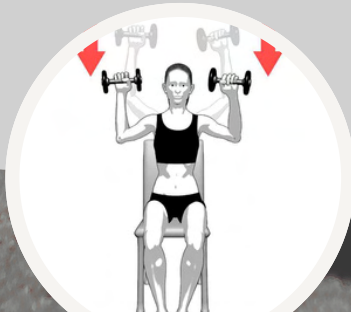
Stand, hinge forward at the hips while holding a chair for support. Hold a light weight (or water bottle) in one hand, and lift the elbow toward the ceiling, squeezing the shoulder blade



10-15 Repetitions

### Overhead Press

Sit or stand tall holding weights at shoulder level, palms facing forward. Press the weights straight up overhead, then slowly lower back to shoulder level



10-15 Repetitions

### Chair Squats

Sit on the edge of a sturdy chair, place arms across chest, stand up slowly, then sit back down



10-15 Repetitions

### Standing Calf Raises

Hold onto the back of a chair for balance, rise onto the toes, hold for a second, and lower down slowly



10-15 Repetitions

# HEART STRONG

LIVE LONG

## Glute Bridges

Lie on your back on a mat or rug, knees bent, feet flat. Lift your hips toward the ceiling, squeezing your glutes, then lower slowly



10-15 Repetitions

## Wall Sits

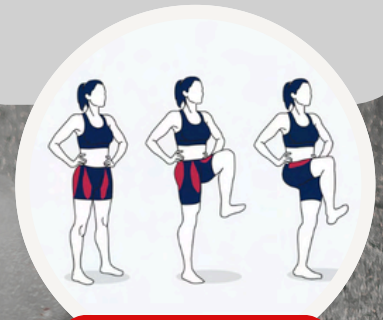
Lean your back against a flat wall and slide down until your knees are bent at a 90-degree angle (or as comfortable). Hold 10-20 secs



1-3 Sets

## Standing Marches

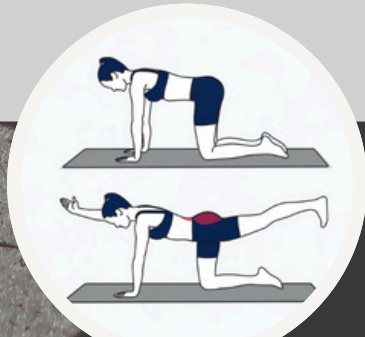
Stand near a wall or chair for support. Lift one knee to hip height, then the other



10-15 Repetitions

## Modified Bird-Dog

Start on hands and knees. Extend the right arm forward and left leg back simultaneously, keeping the spine neutral and abdomen tight. Hold for 2-3 seconds and alternate



10-15 Repetitions

## Wall Plank

Place palms and forearms on a wall at shoulder height, walk feet back so the body is at an angle. Tighten your core and hold for 10-20 seconds



1-3 Sets

## Additional Exercise Guidelines:

- Use free weights, body weight, or household items for resistance
- Perform 1-3 sets per exercise
- Increase resistance gradually once repetitions are exceeded comfortably
- Exhale during the lifting phase and inhale during the lowering phase

## Cool Down: 10-15 minutes

Slow walking followed by stretching