

Vegetables-nonstarchy

Mayo Clinic staff (mayoclinic.com)

Nonstarchy vegetables contain small amounts of carbohydrate and calories, but they pack an important nutritional punch.

Amaranth	Borscht	Eggplant	Peppers, all varieties
Artichoke	Broccoli	Green onions or scallions	Radishes
Artichoke hearts	Brussels sprouts	Greens: collard, kale, mustard, turnip	Rutabaga
Asparagus	Cabbage: bok choy, Chinese, green	Jicama	Sauerkraut
Baby corn	Carrots	Kohlrabi	Soybean sprouts
Bamboo shoots	Cauliflower	Leeks	Spinach
Beans: green, Italian, wax	Celery	Mixed vegetables without corn, peas or pasta	Sugar snap peas
Bean sprouts	Chayote	Mung bean sprouts	Summer squash
Beets	Cucumber	Mushrooms	Swiss chard
		Okra	Tomato: raw, canned, sauce, juice
		Onions	Turnips
		Oriental radish or daikon	Vegetable juice cocktail
		Pea pods	Water chestnuts
			Zucchini

Meat/protein

USDA MyPyramid.com

Dry Beans and Peas in the Food Guide

Because of their high nutrient content, consuming dry beans and peas is recommended for everyone, including people who also eat meat, poultry, and fish regularly. The Food Guide includes dry beans and peas as a subgroup of the vegetable group, and encourages their frequent consumption—several cups a week—as a vegetable selection. But the Guide also indicates that dry beans and peas may be counted as part of the “meat, poultry, fish, dry beans, eggs, and nuts group.”

Selection Tips for Meat and Other Protein Sources

Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

Choose lean or low-fat meat and poultry. If higher fat choices are made, such as regular ground beef or chicken with skin, the fat in the product counts as part of the discretionary calorie allowance.

If solid fat is added in cooking, such as frying chicken in shortening or frying eggs in butter or stick margarine, this also counts as part of the discretionary calorie allowance.

Select fish rich in omega-3 fatty acids, such as salmon, trout, and herring, more often.

Liver and other organ meats are high in cholesterol. Egg yolks are also high in cholesterol, but egg whites are cholesterol-free.

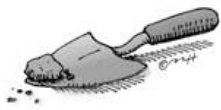
Processed meats such as ham, sausage, frankfurters, and luncheon or deli meats have added sodium. Check the ingredient and Nutrition Facts label to help limit sodium intake. Fresh chicken, turkey, and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as “self-basting” or “contains up to ___% of ___”, which mean that a sodium-containing solution has been added to the product.

Sunflower seeds, almonds, and hazelnuts (filberts) are the richest sources of vitamin E in this food group. To help meet vitamin E recommendations, make these your nut and seed choices more often.

Data researched and compiled by the Voorheesville PTA Garden Project for the K-2 wellness assembly 3/10. Please consult the websites listed for further information on the topic.

The Garden Project provides immeasurable opportunities for our students and community, please consider joining other volunteers in Blackbird Paradise this year. A seasonal schedule is posted on the garden bulletin board, on the district website vcsd.neric.org, and in our spring newsletter.

Special thanks to the Honest Weight Food Co-op for providing many of the food items displayed.



Grains/starchy vegetables

American Diabetes Association (diabetes.org)

If you are going to eat grain foods, pick the ones that are the most nutritious. Choose whole grains. Whole grains are rich in vitamins, minerals, phytochemicals and fiber. Reading labels is essential for this food group to make sure you are making the best choices.

Every time you choose to eat a starchy food, make it count! Leave the processed white flour-based products, especially the ones with added sugar, on the shelves or use them only for special occasion treats.

What is a whole grain?

A whole grain is the entire grain — which includes the bran, germ and endosperm (starchy part). The most popular grain in the US is wheat so that will be our example. To make 100% whole wheat flour, the entire wheat grain is ground up. “Refined” flours like white and enriched wheat flour include only part of the grain — the starchy part, and are not whole grain. They are missing many of the nutrients found in whole wheat flour. Examples of whole grain wheat products include 100% whole wheat bread, pasta, tortilla, and crackers. But don’t stop there! There are many whole grains to choose from.

Best choices

Finding whole grain foods can be a challenge. Some foods only contain a small amount of whole grain but will say it contains whole grain on the front of the package. For all cereals and grains, read the ingredient list and look for the following sources of whole grains as the first ingredient:

- Bulgur (cracked wheat)
- Whole wheat flour
- Whole oats/oatmeal
- Whole grain corn/corn meal
- Popcorn
- Brown rice
- Whole rye
- Whole grain barley
- Wild rice
- Buckwheat
- Buckwheat flour
- Triticale
- Millet
- Quinoa
- Sorghum

Most rolls, breads, cereals, and crackers labeled as “made with” or “containing” whole grain do not have whole grain as the first ingredient. Read labels carefully to find the most nutritious grain products.

For cereals, pick ones with at least 3 grams of fiber per serving and less than 6 grams of sugar.

Best Choices of Starchy Vegetables

Starchy vegetables are great sources of vitamins, minerals and fiber. The best choices do not have added fats, sugar or sodium.

Try a variety such as:

- Parsnip
- Plantain
- Potato
- Pumpkin
- Acorn squash
- Butternut squash
- Green Peas
- Corn

Best Choices of Dried Beans, Peas and Lentils

Try to include dried beans into several meals per week. They are a great source of protein and are loaded with fiber, vitamins and minerals.

- Dried beans such as black, lima, and pinto
- Lentils
- Dried peas such as black-eyed and split
- Fat-free refried beans
- Vegetarian baked beans

Tips for Carb Counters

Starchy foods are one of the main sources of carbohydrate in our diet — along with milk, fruits, and sweets. For most grains and starches, 1/2 cup or 1 oz contains 15 g of carbohydrate. A few exceptions are 1 cup of winter squash and pumpkin and 1/3 cup of rice has about 15 grams.

For the Plate Method

About 1/4 of your plate should come from starchy foods. Remember, only the depth of a deck of cards! This is usually about 3/4 to 1 cup of a starchy food.