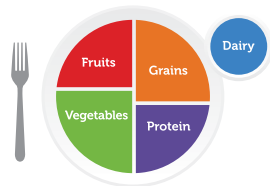


Start simple with MyPlate



Dine Out/Take Out

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.



Quinoa Salad



Ingredients

SALAD

- 1 cup dry **quinoa**
- 2 cups **water** or low-sodium vegetable broth
- 2 large **carrots**, diced
- 3 large **celery** stalks, diced
- 1 large **red bell pepper**, diced
- 3 **green onions**, sliced
- 3 Tablespoons minced **parsley**

DRESSING

- ¼ cup **rice vinegar** or apple cider vinegar
- 2 Tablespoons **water**
- 1 Tablespoon **vegetable oil**
- 2 cloves **garlic**, finely chopped or ½ teaspoon garlic powder

Directions

1. Wash hands with soap and water.
2. Rinse the quinoa in a fine-mesh wire strainer under running water for 1 minute.
3. Bring the water or broth and quinoa to a boil in a 2 to 3-quart saucepan. Lower the heat, cover, and simmer for 15 minutes. Refrigerate until cool.
4. While quinoa is cooling, combine all the vegetables in a salad bowl.
5. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients. Add to the vegetables.
6. Add quinoa and stir gently to combine.
7. Refrigerate leftovers within 2 hours.

Notes

- Try adding chopped cilantro or basil instead of parsley.
- No quinoa? Use bulgur instead.

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Makes: 6 cups
Prep time: 15 minutes
Cooking time: 15 minutes



Nutrition Facts

9 servings per container	
Serving size	2/3 cup (142g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 275mg	6%
Vitamin A 175mcg	19%
Vitamin C 28mg	31%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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