



Beans

Nutritional Information



General Information:

Beans are often referred to as legumes or pulses. They are the edible seeds of some plants. Beans come in many different types and can be used in numerous ways in cooking. Some common types of beans include; kidney, black, pinto, azuki, mung, garbanzo (or chickpea), lentil and broad.

Purchasing:

Beans can be purchased either dried, fresh, frozen or in a can. Canned beans can sometimes be higher in sodium so look for reduced or low sodium varieties. If these aren't available, rinsing the canned beans in water prior to use will reduce the amount of sodium by around 40%. If purchasing beans dry, they will need to be soaked in water prior to cooking.

Cooking:

If cooking with beans, soaking will reduce cooking time by half. Soaking beans helps dissolve the starches that cause intestinal discomfort. The best way to soak beans is to bring a pot of water to boil, turn off the heat, add the beans immediately, and allow to soak 1-2 hours as the water cools. Then, discard the soaking water and cook beans according to package instructions. Small beans like lentils do not need to be soaked.

Storing:

Canned beans can be stored in a cool dry place. If purchasing dried beans, store them in a sealed plastic or glass container in the pantry. If you have soaked the beans, they are best used that day. If you have some left over, store them in a container with some of the soaking water in the refrigerator and use within a couple of days.

Nutritional Content:

Beans are unique in that they can be included in either the vegetable or protein food group. As a general rule, if you regularly eat meat, fish and poultry, include beans in the vegetable group. If you are vegetarian or rarely eat meat, include beans in the protein food group.

Beans contain no fat and no cholesterol and are a great source of fiber and protein. Both soluble and insoluble fiber is found in beans, making them a great food for reducing blood cholesterol, maintaining healthy blood glucose levels, promoting healthy digestion and potentially reducing the risk of heart disease and some cancers. Beans are a good source of iron, potassium, and folate.

Beans are great in salads, stews, casseroles, soups, stir-fries, ground beef recipes or as a side dish.

Sources:

<http://www.bing.com/images>
<http://en.wikipedia.org/wiki/Bean>
<http://eatright.org>



Note: nutritional information may vary based on variety and serving size.



Brown Rice

Nutritional Information



General Information:

Brown rice comes from the same crop as white rice but it is less processed. Brown rice is only partly milled and is a whole grain. Only the outermost husk of the rice grain is removed to produce brown rice. White rice is further processed with further layers removed from the grain including the bran and the germ layer. Nutritionally, brown rice is superior to white because the extra layers that are left contain important nutrients. Brown rice has a slightly nutty flavor and is a little chewier than white rice. It can be used in almost any recipe that calls for white rice.

Purchasing:

Brown rice can be purchased at any supermarket. Any variety (long grain, medium grain) is fine to choose – just make sure that it clearly states on the package that the rice is brown and whole grain. Wild rice is also less processed and is a good choice.

Storing:

Brown rice should be stored in an airtight container in the pantry. The shelf life of brown rice varies but is usually around 6 months. Look at the 'best by' date on the package for an accurate date. Brown rice doesn't keep as long as white rice, as it less processed.

Nutritional Content:

Brown rice contains no cholesterol and minimal saturated fat and sodium. It is a good source of fiber, manganese, magnesium, phosphorus, selenium, thiamin, and B vitamins.

Try substituting brown rice in recipes that call for white rice to include extra fiber and nutrients.



Sources:

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.eatright.org>

http://en.wikipedia.org/wiki/Brown_rice

Note: nutritional information may vary based on variety, ripeness and serving size.



Eggs

Nutritional Information



General Information:

Eggs are a great food that is produced by chickens. Female chickens lay eggs which can be collected and eaten. Egg shells can range from white, tan, dark brown, and even speckled. Inside, eggs have a deep yellow yolk and a clear liquid surrounding it called the 'egg white'. When eggs are cooked, the clear liquid turns white. Eggs also come in different shapes and sizes but are usually oval and around 2 inches tall. Eggs should be cooked to greater than 160°F prior to eating to destroy any possible harmful bacteria.

Purchasing:

Eggs can be purchased at your grocery store, local farmers markets or you can even produce your own if you have chickens. There are numerous local producers of eggs on Oahu that supply some restaurants and supermarkets. When purchasing, open the carton to check that all of the shells are intact. Avoid eggs that are cracked or broken. If purchasing from a local farmer ask when the eggs were laid and collected so you know when to use them by. Be sure to wash eggs well if they have any signs of dirt on the shell.

Storing:

Eggs are best stored in your refrigerator in the carton they come in and placed on a shelf. The egg keeper compartment in a refrigerator isn't the best place to store eggs, as it's warmer than the rest of the refrigerator and won't keep them fresh for as long. Also, keep them away from any raw meats that could drip on to them. Eggs should not be out of the refrigerator or under 40°F for more than 2 hours. Use eggs before the 'best by' or 'use by' date on the carton. If the carton has a 'sell by' date, use them within 3 weeks of this date. If you are storing hard-boiled eggs, store them in the refrigerator within 2 hours of cooking and use them within the week.

Nutritional Content:

Eggs are an excellent source of protein. They contain two antioxidants, lutein and zeaxanthin, which may promote healthy vision. They are also a good source of riboflavin, Vitamin B12, and Vitamin D. Egg yolks do contain cholesterol, saturated fat, and some sodium, but eating one egg per day is considered safe for healthy children.

*Eggs are great cooked whole (hard-boiled), poached, scrambled, or used in an omelet, quich,e or custard.
Add lots of veggies to a scramble or omelet for a healthy meal.*



Sources:

<http://www.eatright.org>
<http://www.bing.com/images>
<http://nutritiondata.self.com>
<http://www.islandfresheseggs.com>

Note: nutritional information may vary based on variety and serving size.



Granola

Nutritional Information



General Information:

Granola is a breakfast or snack food, popular in the US. It usually contains rolled oats, nuts, honey, and sometimes rice. It is made by baking these ingredients until crisp while stirring to maintain a loose, breakfast cereal consistency. Dried fruit or seeds are often added to granola. Granola is a great snack to take with you because it is lightweight, high in energy, and easy to store. It is often made into a bar form and called a granola bar.

Purchasing:

Choose a granola that is free from trans fats. Check the nutrition facts label and choose one that has at least 2.5 grams of fiber per serving. Some granola brands are fortified with vitamins and minerals, which is another good thing to look for. Try to avoid granola that is high in saturated fat and sugar.

Storing:

Granola is best stored in a sealed plastic container in your pantry. Granola will stay fresher if it is sealed in an airtight container in a cool, dry place.

Nutritional Content:

The nutrition value of granola will change depending upon the ingredients. Generally, granola is a good source of energy, fiber, magnesium, phosphorous, thiamin, and Vitamin E. If granola contains fruit, nuts or seeds it will change the nutritional content.

*Enjoy granola on its own, mixed with yogurt, milk, or in a bar.
Granola is really high in energy.*

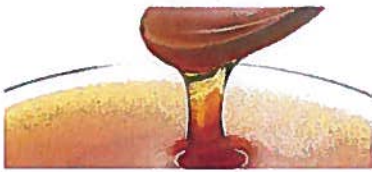


Sources:

<http://nutritiondata.self.com>
<http://www.bing.com/images>
<http://en.wikipedia.org/wiki/Granola>
<http://eatright.org>

Note: nutritional information may vary based on variety and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Honey

Nutritional Information



General Information:

Honey is a sweet golden liquid produced by bees. Bees use nectar from flowers to form honey in a hive with honey comb. Beekeepers harvest the honey from the hive so that it can be sold commercially. Honey contains numerous sugar molecules joined together including fructose, glucose, and sucrose. The flavor of the honey will vary slightly, depending upon which type of flower is used by the bees to gather nectar. Honey is produced locally in Hawaii, with beekeepers spread across the state.

Purchasing:

Honey can be purchased from all grocery stores. Local honey can be purchased at some farmers markets and health food stores.

Storing:

Store honey in the jar that you purchase it in. It is usually in a glass or plastic jar which can be stored safely in the pantry. Some people prefer to keep their honey in the refrigerator, particularly if ants are a concern.

Nutritional Content:

Honey contains no saturated fat or cholesterol and almost no sodium. It is high in natural sugars and for this reason, it should be used in small amounts. Honey also contains small amounts of trace vitamins and minerals and is thought to have medicinal benefits in some cultures.

*Honey should be avoided by children less than one year old.
Honey can contain spores of a toxic bacterium that can cause illness in infants.
These spores are harmless in adults and older children.*



Sources:

<http://www.eatright.org>

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://www.wikipedia.org/wiki/Honey>

Note: nutritional information may vary based on variety and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Hummus

Nutrition Information



General Information:

Hummus originated in the Middle East. It is used as a dip or spread and has a wide range of uses. Hummus is made by mashing cooked chickpeas and blending them together with tahini (sesame paste), olive oil, lemon juice, garlic, and salt.

Chickpeas:

Chickpeas are often known as garbanzo beans. Chickpeas have a nut-like taste and buttery texture. They are available either canned or dried and are accessible all year-round. They are a great addition to soups, salads, casseroles, stir-fries, and of course hummus.

Purchasing:

Hummus is available in most supermarkets. It is often mixed with additional flavors such as garlic or roasted pepper. Look for it in the refrigerated deli section of the store.

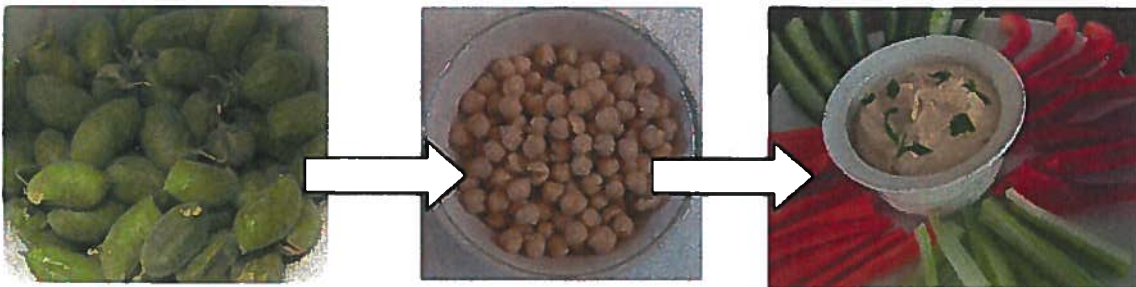
Storing:

Hummus is best stored in the refrigerator. Follow the manufacturer's advice regarding storage times.

Nutritional Content:

Hummus is very low in saturated fat and does not contain cholesterol. It is also a good source of folate and fiber.

Hummus is great as a dip or on sandwiches, wraps, or toast.



Sources:

www.nutritiondata.self.com

www.google.com/images

<http://www.eatright.org>

Note: nutritional information may vary based on variety and serving size.

Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011

Reviewed by Alice Toguchi-Matsuo, R.D., 2012.



Oatmeal

Nutritional Information



General Information:

Oatmeal is the edible grain coming from the cereal crop oat. The oat is easily grown in large crops and is a common crop found in eastern USA. Oatmeal is made by rolling or crushing the oat grain. Oatmeal is often eaten as a breakfast cereal on its own, but it can also be found in granola and muesli. Another common use of oatmeal is in baking.

Purchasing:

Oatmeal can be found in every grocery store. It is usually found with the breakfast cereals in a range of brands and varieties. Examples include regular oats, steel cut oats, quick oats, instant oatmeal or flavored oatmeal.

Storing:

Oatmeal is best stored in a sealed plastic container in your pantry. Oatmeal will stay fresher if it is sealed in an airtight container in a cool, dry place. Often the oatmeal you buy will come in a re-sealable container.

Nutritional Content:

Oats are a great source of soluble fiber and also protein. They contain more soluble fiber than any other grain and have been known to help reduce bad cholesterol and maintain healthy blood pressure. Oatmeal is also a good source of iron, phosphorous, zinc, and thiamin.

Oatmeal is a great breakfast food as it makes you feel full for longer.



Sources:

<http://nutritiondata.self.com>
<http://www.bing.com/images>
<http://en.wikipedia.org/wiki/Oat>
<http://eatright.org>

Note: nutritional information may vary based on variety and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Olive Oil

Nutritional Information



General Information:

Olive oil is a type of oil used commonly in cooking, dressings, and sauces. It is made by grinding olives and extracting their oil. The main producers of olive oil are found in Europe, with the top three being Spain, Italy, and Greece.

There are many types of olive oil, but all are high in monounsaturated fat. Terms like 'virgin' and 'extra virgin' on bottles of olive oil refer to the acid content of the oil. Extra virgin olive oil is less acidic than 'pure' or 'virgin' olive oil and is stronger in flavor. If olive oil is referred to as 'light', it means it is lighter in color or fragrance. 'Light' olive oil doesn't have less calories or a lower fat content than other olive oils.

Purchasing:

Olive oil can be purchased at all grocery stores. It comes in a range of types, brands and sizes. It can be purchased in a pourable bottle, an aerosol spray, or sometimes in a larger tin.

Choose an olive oil based on your taste preference. They are all nutritionally similar, so choose one that you prefer the taste of. Extra virgin olive oil will have a stronger, fruitier flavor than 'virgin' or 'light' varieties.

Storing:

Store olive oil in the container that you purchase it in. It is usually in a glass or plastic bottle which can be stored safely in the pantry.

Nutritional Content:

Olive oil contains monounsaturated fat, which is often thought of as a 'good' fat. It is important for helping to lower bad cholesterol, promoting good heart health. Olive oil is also high in antioxidants and contains Vitamins E and K. All oils are very high in calories and total fat so they should be used sparingly.

*Try a small amount of olive oil instead of lard or butter when cooking in a pan.
It is also a nice base for making your own salad dressing.*



Sources:

<http://www.eatright.org>
<http://nutritiondata.self.com>
<http://www.bing.com/images>
http://www.wikipedia.org/wiki/Olive_oil

Note: nutritional information may vary based on variety, type and serving size.

Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.



Quinoa

Nutritional Information



General Information:

Quinoa (pronounced 'keen-wah') is a great whole grain food. Technically, it is the fruit part of a plant in the same family as beets, but it is often thought of as a grain. It was originally eaten by the people of the Andes Mountains and is becoming more popular in the US. It is a strong crop that can withstand poor soil quality and high altitude. Quinoa has a mild, nutty flavor with a similar texture to couscous. It is a great source of carbohydrate and can be used in place of rice, pasta, or other grains. Both the seeds and the leaves of the plant are edible but the seeds are the most common form eaten.

Purchasing:

Quinoa is available in most stores in its harvested seed form. Most brands are pre-rinsed to remove the natural coating of saponins. Saponins can be harmful to some people and may cause stomach upset so quinoa should be rinsed prior to use. Quinoa can be cooked in a similar way to rice but follow the directions on the package for the best results.

Storing:

Quinoa is best stored in a sealed plastic container in your pantry. Quinoa will stay fresher if it is sealed in an airtight container in a cool, dry place.

Nutritional Content:

Quinoa is a great source of fiber, magnesium, phosphorous, copper, and manganese, containing almost no saturated fat, cholesterol, or sodium. It contains all eight of the essential amino acids and is also a good source of folate, iron, copper, and zinc. Quinoa is also gluten-free, but check packages for potential contamination with wheat products.

Quinoa can be served hot as a cereal, used in salads or as a side dish.



Sources:

<http://nutritiondata.self.com>

<http://www.bing.com/images>

<http://en.wikipedia.org/wiki/Quinoa>

<http://eatright.org>

Note: nutritional information may vary based on variety and serving size.

*Developed by Leanne McKenzie, APD. In support of YMCA of Honolulu's Food and Fun Program, 2011
Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Soy Milk

Nutritional Information



General Information:

Soy milk is made from dry soybeans that are soaked and ground down to a milky consistency. Soybeans are legumes that come from a small plant. The USA is the main producer of soybeans world-wide. Soy milk is slightly darker in appearance than regular cow's milk and has a smooth nutty flavor. It is also sometimes called soya milk, soybean milk, or soy juice.

Purchasing:

Soy milk can be found in any grocery store. It is available in the refrigerated dairy section or on the shelf with other long-life milk products. The original milk isn't flavored, but as with cow's milk, many flavors are available.

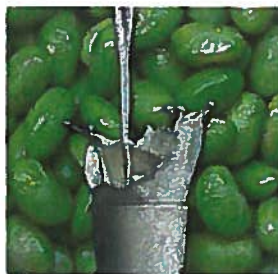
Storing:

If purchased off the shelf, soy milk can last for up to a year unopened. Once opened it should be stored in the refrigerator and used within 7-10 days of opening. If purchased from the refrigerator section, it will usually last 7-10 days. Always follow the storage instructions on the package and note the 'best before' date.

Nutritional Content:

Soy milk contains no cholesterol and is low in saturated fat. It is a good source of protein and phosphorous and usually contains added calcium, thiamine, and Vitamins A, E,D and B12.

*Soy milk is a great substitute for cow's milk.
It can be used in most recipes that call for milk.*



Sources:

www.eatright.org

<http://nutritiondata.self.com>

<http://www.en.wikipedia.org>

<http://www.bing.com/images/>

Note: nutritional information may vary based on variety and serving size.

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.*



Tortillas

Nutritional Information



General Information:

Tortillas are a round, flat bread usually made from corn or wheat. The word comes from a Spanish term meaning 'little cake.' Tortillas were originally associated with Mexico and Mexican cuisine. They are commonly used in Mexican dishes such as tacos, quesadillas, burritos and enchiladas. Corn tortillas are usually a bit thicker and heavier than wheat or flour tortillas and wheat tortillas often break less easily. Tortillas now come in numerous flavors and sizes in the supermarket.

Purchasing:

When purchasing tortillas, choose a brand that has whole grains. You will know if it is a whole grain tortilla by looking at the package. Check the ingredients list to make sure you see 100% whole grain. With tortillas, whole grain corn or whole grain wheat should be listed as the first ingredient. Choose the fresh tortillas rather than the baked or fried crunchy ones that usually have extra fat added during production.

Storing:

Unopened packages of tortillas can be stored in the pantry. Once opened, follow the directions on the package for storage. Some brands come in a re-sealable bag while others might need to be kept in an airtight container to keep them fresh. Ensure you use tortillas before the 'best by' or 'use by' date listed on the package. If tortillas are within their 'use by' date but feel a bit hard, they can be microwaved under paper towel for around 30 seconds to freshen them.

Nutritional Content:

Whole grain tortillas are a great source of fiber and can be low in fat and sodium. Some tortillas are also fortified with extra nutrients like potassium, calcium, iron, B vitamins and folate. Each brand will vary, so choose one that contains low amounts of sodium and fat when comparing brands.

Whole grain tortillas make a great snack or lunch food in addition to the usual Mexican favorites.

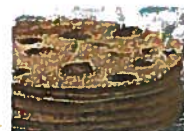
They can be filled with salad and lean lunch meat to make a great wrap.

Spreading a tortilla with a little cream cheese and honey and topping with chopped fruits can also be delicious.

Corn



Wheat



Sources:

<http://www.eatright.org>

<http://www.bing.com/images>

<http://nutritiondata.self.com>

<http://www.choosemyplate.gov>

<http://en.wikipedia.org/wiki/Tortilla>

Note: nutritional information may vary based on variety, ripeness and serving size.



Trail Mix

Nutrition Information



Trail mix is a great snack! It is high in carbohydrate and fiber and contains very little added sugar. Each of the potential ingredients in the trail mix made in *Food and Fun* has something different to offer.

Air-Popped Corn: Low in calories, sodium and fat, a moderate amount of fiber. Other nutrients include small amounts of zinc, magnesium, potassium, manganese and phosphorus.

Mini Pretzels: Low in saturated fat, a moderate amount of fiber. It is also a very good source of manganese and a moderate source of folate.

Cheerios: Low in fat and high in fiber. It is also a good source of Vitamin A, Vitamin C, calcium, phosphorus and selenium, and a very good source of thiamin, riboflavin, niacin, Vitamin B6, folate, Vitamin B12, iron, zinc and manganese.

Banana Chips: Low in sodium and also a good source of manganese. This food can be high in saturated fat. Also contains potassium and magnesium.

Dried Apricots: Very low in saturated fat and sodium. It is also a good source of potassium and a very good source of Vitamin A. Also contains iron, manganese, niacin and Vitamin E.

Dried Pineapple: Very low in saturated fat and sodium and rich in manganese.

Dried Apple: Low in sodium and very low in saturated fat. It is also a good source of dietary fiber.

Raisins: Very low in saturated fat and sodium. Also contains fiber, potassium, iron, magnesium, phosphorous, potassium, and manganese.

Dried Cranberries: Very low in saturated fat, cholesterol, and sodium.

Low-Fat Granola: Low in saturated fat and contains no cholesterol. It is also a good source of fiber and thiamin.

***Nuts:** Can be added to this recipe at home if there are no nut allergies in the family. They provide extra protein, fiber, phytonutrients and antioxidants such as Vitamin E and selenium. Nuts are also high in plant sterols and good fats for the body.

Sources:

<http://caloriecount.about.com>

<http://www.livestrong.com>

<http://nutritiondata.self.com>

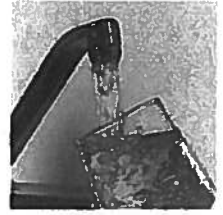
<http://bing.com/images>

Note: nutritional information may vary based on variety, brand and serving size.



Water

Quick Facts



- ◆ Children need to drink every 20 minutes during physical activity.
- ◆ Children over eight years old need around eight or more cups of fluids during the day while younger children need four to five cups.
- ◆ Roughly 75% of the body is made up of water.
- ◆ By the time a person feels thirsty, their body has lost over 1 percent of its total water.
- ◆ Water is better absorbed by the body than any other drink.
- ◆ An average person loses about 2 1/2 quarts of water per day.
- ◆ A water molecule is made up of two hydrogen atoms and one oxygen atom.
- ◆ The pH of water is 7 or neutral.
- ◆ Water often carries chemicals, minerals, and nutrients with it.
- ◆ Between 70 and 75% of the earth is covered with water.

Drinking enough water each day is essential for good health.

Try carrying a water bottle with you to ensure you drink enough.

Sources:

American Dietetics Association

www.eatright.org

Food & Fun After School Curriculum

www.hsph.harvard.edu/prc/

Bing Images

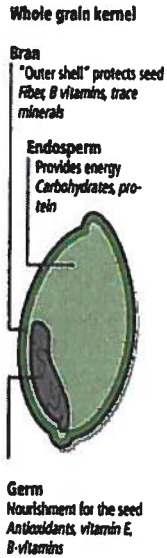
<http://www.bing.com/images>

All About Water

<http://www.allaboutwater.org/water-facts.html>

Whole Grains

Nutritional Information



What are grains?

Grains are the seeds of cereal crops. Cereal grains are the world's main source of food energy. The grain kernel has 3 parts

- The bran
- The germ
- The endosperm

Grains can be either whole grains or refined grains.

Whole grain foods contain all 3 parts of the grain within the food.

Refined grains have been milled, meaning the bran and germ are removed. This process also removes most of nutrients and fiber found in the grain.

Whole grains are a great source of many important nutrients. They include dietary fiber, many B vitamins, and minerals.

- **Fiber** promotes proper bowel function and can help curb appetite by providing a feeling of fullness.
- **The B vitamins** (thiamin, riboflavin, niacin, and folate) play an important role in metabolism and help to regulate the nervous system.
- **Folate** reduces the risk of certain birth defects and may help protect against heart disease and certain cancers.
- **Iron, magnesium, and selenium** are key minerals that are needed in small amounts to help regulate certain body processes.

Examples of whole grains include whole wheat, oatmeal, brown rice, popcorn and quinoa.



Sources:
eatright.org
www.dpi.wi.gov/fns
www.google.com/images

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Reviewed by Alice Toguchi-Matsuo, R.D., 2012.

Nutrient Glossary

Nutrients	Benefits	Food Sources
Calcium	Supports bone health and healthy blood pressure.	<ul style="list-style-type: none"> • Milk, cheese, cottage cheese, yogurt • Fortified soy milk, fortified cereals • Canned fish with bones (sardines) • Small fish with bones • Spinach, broccoli, taro leaves • Tofu, beans
Iron	Transports oxygen in red blood cells around the body. Important for preventing iron deficiency anemia.	<ul style="list-style-type: none"> • Red meat • Chicken • Fish • Eggs • Dark green leafy vegetables • Dried figs • Iron fortified breads and cereals
Folate	Important coenzyme for producing cell parts including DNA and haemoglobin. Also helps prevent neural tube defects in unborn babies	<ul style="list-style-type: none"> • Fortified breads and cereals • Dark green leafy vegetables • Peanuts • Some fruits (eg papaya, banana)
Zinc	Important in many body cells, particularly for healthy skin, hair, growth and brain function.	<ul style="list-style-type: none"> • Seafood • Red meat • Chicken • Eggs • Nuts • Legumes • Whole grains
Thiamine	Important for growth, normal appetite, digestion, healthy nerves and muscles	<ul style="list-style-type: none"> • Pork • Legumes • Whole grains • Potatoes • Fish • Chicken

Magnesium	Needed for bone and muscle health, including heart health.	<ul style="list-style-type: none"> • Legumes (beans and peas), nuts and seeds • Whole, unrefined grains, including brown rice
Potassium	Regulates blood pressure.	<ul style="list-style-type: none"> • Baked white and sweet potatoes, cooked greens, winter (orange) squash • Bananas, many dried fruits, oranges and orange juice, cantaloupe and honeydew melons • Cooked dried beans, soy beans • Yogurt, milk
Manganese	Important for bone and organ health.	<ul style="list-style-type: none"> • Nuts • Legumes • Some fruits and vegetables (eg blueberries, carrots, lettuce, tomatoes)
Phosphorous	Regulates pH in the body and helps with cell metabolism.	<ul style="list-style-type: none"> • Dairy • Eggs • Red meat • Fish • Oats • Sunflower seeds • Almonds
Copper	An integral part of body tissues	<ul style="list-style-type: none"> • Seafood • Seeds • Whole grains • Dried fruit and nuts • Some fruits (eg kiwi, cherries)
Selenium	Helps with fat metabolism	<ul style="list-style-type: none"> • Red meat • Fish • Chicken • Oysters • Vegetables • Nuts

Vitamin A (carotenoids)	Needed for healthy skin, eyes and immune system.	<ul style="list-style-type: none"> Bright orange vegetables (carrots, sweet potatoes, pumpkin) Bright orange fruits (mango, cantaloupe, apricots, papaya) Leafy greens (spinach, luo leaves, kale, green leaf and romaine lettuce) Milk (Vitamin A added)
Vitamin B12	Essential for preventing pernicious anemia and promoting normal growth.	<ul style="list-style-type: none"> Oily fish Dairy foods Eggs Some legumes (pinto beans, lentils) Tofu
Other B vitamins	Important for metabolism at the cellular level.	<ul style="list-style-type: none"> Protein sources (eg. meats, dairy) Fortified breads and cereals Legumes Mushrooms Squash Watermelon
Vitamin C	Helps with healthy immune system, wound healing and healthy skin.	<ul style="list-style-type: none"> Citrus fruits and juices (oranges, lemons, grapefruit), kiwi, strawberries, guava, papaya, cantaloupe Broccoli, peppers, tomatoes, cabbage, russels sprouts, and potatoes
Vitamin D	Maintain normal levels of calcium and phosphorus in the blood. Reduces inflammation.	<ul style="list-style-type: none"> Milk, fatty fish, eggs
Vitamin E	Supports immune system, healthy skin; works as antioxidant to lower risk of heart disease and cancer.	<ul style="list-style-type: none"> Sunflower seeds, nuts, peanut butter, avocado, vegetable oils Fortified cereal Wheat germ, whole grains, fish
Vitamin K	Important for blood clotting. And bone metabolism	<ul style="list-style-type: none"> Milk Vegetable oils Wheat bran Dark green leafy vegetables

Carbohydrate	Provides most of the energy needed in our daily lives.	<ul style="list-style-type: none"> • Grains and grain products (bread, rice, pasta) • Fruits and starchy vegetables • Beans and Legumes • Dairy products • Sugar
Protein	Builds and repairs tissues in the body.	<ul style="list-style-type: none"> • Beef, poultry, fish, eggs • Dairy products • Nuts and seeds • Beans and Legumes
Fiber	Aids digestion; lowers cholesterol; linked to cancer prevention and appetite satiety.	<ul style="list-style-type: none"> • Beans, peas, corn • Fruits and vegetables • Whole grains • Nuts

Sources: Dietary Guidelines for Americans, 2005. Griffith Handbook of Clinical Nutrition and Dietetics, 2nd edn.

NRAEF Manage First Nutrition Competency Guide, 2007

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