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June: Variety

Utah State University Extension

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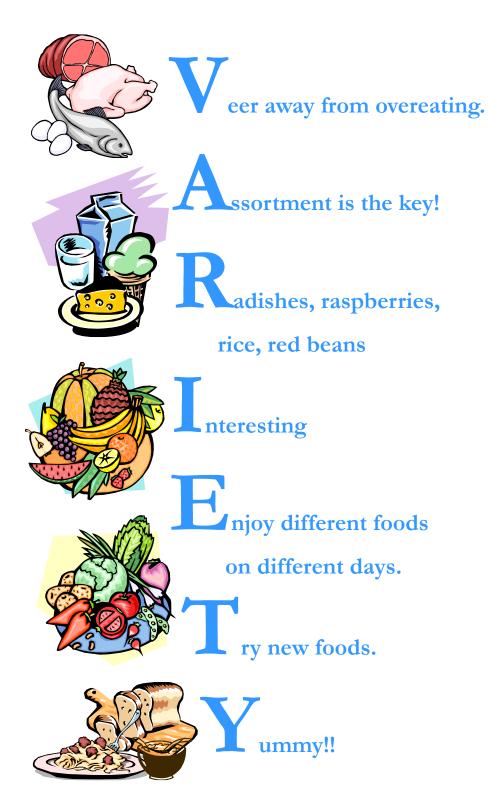
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What does eating a variety of foods mean?

Definition:

Variety does not mean to eat more food than you need or would normally eat in order to get a variety of foods every day. It simply means to eat different foods on different days. Many of us eat the same foods day in and day out because it is easy, fast, and what we know and like. However, this can cause some nutritional concern.

Different foods contain different vitamins and minerals. No single food can give us all the nutrients that we need in the amounts needed. This is the reason to eat a variety of foods, but don't get carried away. Follow the given number and sizes of servings of the Food Guide Pyramid. Over a period of several days, it is important to choose different foods within single groups of the Food Guide Pyramid. Also, we need to choose foods from every group of the Food Guide Pyramid to get the vitamins and minerals we need to stay healthy and strong.

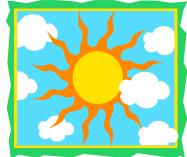
Variety also spices up our lives. It is boring to eat the same foods every day. By choosing a variety, we can add enjoyment to our meals.



State of Utah
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June

	SUN	MON	TUE	WED	Тни	FRI	SAT
Southwest Tortilla Wrap 4 10-inch flour tortillas 2 tbsp salad dressing or mayonnaise 1/2 cup chunky salsa 4 oz. sliced turkey or favorite			Try some new ideas & recipes to help you break out of the eating rut.				
deli meat 1/3 cup shredded cheddar cheese 1/2 cup thin strips red pepper 1/4 cup sliced green onions 2 tbsp sliced black olives				Stuff a pita pocket with tuna, chicken, and/or fresh vegeta- bles instead of using bread.			
Pinch of cayenne pepper (optional) 1. Spread mayonnaise on tortilla; spoon salsa over mayonnaise. 2. Top with meat, cheese,	Eat beans once a week.				Be creative. Don't be afraid to try something new that you have never eaten before.		
vegetables, and cayenne pepper as desired. 3. Roll and serve or heat 45 seconds in microwave on medium power. (Each tortilla can be wrapped in plastic wrap after rolling and refrigerated.) Serves 4.		Substitute couscous in place of rice for one of your meals.				Try a new fruit and/ or vegetable this week.	
**Other vegetables can be added <i>or</i> used in place of peppers, onions, and olives.			Choose a baked potato instead of french fries (go easy on the topping).				