

Meal Card Information Sheet for Staff

Spanish

**** The information sheet is to provide CHAs with recommendations for participants on how to improve their plate. Remember to ask questions like: Is half the plate fruit and vegetables? Are there any whole grains on the plate or with the meal? Is there too much or too little protein in the meal? Are they healthy proteins? Where's the dairy and what kind of dairy? Whole milk, low fat or nonfat dairy products. Is there too much salt/sodium in the meal?**

- 1. Pan dulce:** Eat only 1 pan dulce. Eat a piece of fruit or a bowl of mixed fruit with the pan. Exchange pan dulce for whole wheat bread or toast. Put peanut butter on the toast to increase protein. Have 8 oz of low fat yogurt with granola instead of pan dulce. Drink low fat or nonfat milk.
- 2. Chorizo, huevo, papa y tortilla de harina:** Eat only half the chorizo, huevo and papa. Use whole wheat tortillas instead of white flour tortillas. Leave the chorizo out and eat an egg and papa whole wheat burrito. Have some fresh tomato slices and chilies. Add a bowl of cut fruit like mangos and bananas and canned pineapple. Drink low fat or nonfat milk.
- 3. Chilaquiles con huevo:** Eat only half the plate of chilaquiles and fill the other half with fresh vegetables of your choice. Use less cheese to lower the fat and sodium. Eat only half the plate and have 2 eggs instead of 1. Have a piece of fruit or 6 oz of 100% juice. Drink low fat or nonfat milk.
- 4. Enchiladas de pollo:** Eat only 2 enchiladas and fill the other half of the plate with a salad. Have 2 enchiladas and a vegetable and a piece of fruit. Consider a glass of low fat or nonfat milk with the meal.
- 5. Caldo de res:** Add even more vegetables to the caldo. Eat corn or whole wheat tortillas to include whole grains. Have a piece of fruit with this meal. Add a glass of low fat or nonfat milk to include dairy.
- 6. Sopa de fideo:** Add a cup of vegetables to the fideo. Add meat, poultry, shrimp or beans to include protein in the meal. Try whole grain pasta. Have a piece of fruit and an 8 oz glass of low fat milk. Use less salt/sodium when preparing the broth for the fideo.
- 7. Burrito de carne:** Eat half the burrito and share the other half. Add cooked vegetables to the burrito and more fresh tomatoes or salsa. Use a whole wheat tortilla. Have a fruit or mixed green salad with half the burrito. Drink some low fat or nonfat milk.
- 8. Torta de res:** Eat only half the torta and take the other half home for another meal. Have a vegetable or fruit salad with half the torta. Put more vegetables on the torta. Use whole grain bread. Try a new kind of fruit with the torta. Have an 8 oz carton of yogurt or a glass of low fat/nonfat milk.
- 9. Sopa de arroz con espinaca:** Add more vegetables and a protein food like chicken, beef or beans. Try whole grain brown rice or have a slice of 100% whole wheat bread. Eat an 8 oz carton of low fat yogurt with a favorite fruit.
- 10. Chile relleno de queso:** Fill half the plate with other fresh cooked vegetables. Make a little less than a ¼ of your plate boiled beans for added protein. Try some whole grain brown rice. Have fruit a salad for dessert or a yogurt and fruit parfait.