

12 Delicious Ways to Enjoy a Variety of Foods

Food is about much more than nutrients – it’s about flavors, colors, textures, and smells. Eating a variety of foods is the best way to get the nutrients your body craves – and to satisfy your taste buds at the same time. For maximum satisfaction, enjoyment, and nutrition, plan your meals and snacks with variety in mind.

- 1. Enjoy COLORFUL foods:**
Bright green broccoli, bright orange sweet potatoes, and bright yellow squash are three tasty veggie treats.
- 2. Enjoy CRUNCHY foods:**
When it comes to crunchy options, veggies – like carrots, celery, pea pods, and beans – can’t be beat.
- 3. Enjoy CRISP foods:**
Produce bins are full of refreshingly, crisp foods – apples, fresh peppers, Romaine lettuce, and raw spinach.
- 4. Enjoy JUICY foods:**
Refresh yourself with juicy plums, peaches, pineapple, nectarines, tangerines, grapefruit, and pears.
- 5. Enjoy TANGY foods:**
Tomatoes are the ultimate tangy ingredient – fresh in a salad, canned in sauce, or sun-dried on a pizza.
- 6. Enjoy SWEET foods:**
Cherries and berries (blueberries, strawberries, or raspberries) provide the perfect sweet ending to a meal.
- 7. Enjoy MEATY foods:**
For hearty protein, choose from beef, pork, lamb, chicken, turkey, salmon, sole, halibut, tuna, or shrimp.
- 8. Enjoy CHEWY foods:**
Breads made from whole grains, like wheat, oats, rye, barley, and spelt are chewy, satisfying, and nutritious.
- 9. Enjoy NUTTY foods:**
Small amounts of nuts and seeds (almonds, cashews, peanuts, flax, or sunflower) add lots of flavor.
- 10. Enjoy CREAMY foods:**
Low-fat dairy foods (milk, yogurt, cheese, and cottage cheese) offer a creamy, calcium-rich texture.
- 11. Enjoy ZESTY foods:**
There’s no need to eat a boring meal ever again; add zest with lemon, pepper, basil, oregano, or parsley.
- 12. Enjoy SPICY foods:**
For real zing, start with your favorite herbs and spice it up with garlic, onions, cumin, and chili peppers.

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