

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Personalizing Your Plate To Include Foods from Other Cultures – Filipino Cuisine

The foods we eat are often influenced by our family's history and culture. They're also influenced by where we live, our budgets, and our tastes. Many cuisines feature dishes which include a variety of foods from all of the food groups.

Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors. The combination of foods and amounts will depend on you.

Personalize Your Plate

by including foods that you prefer from each food group. Including a variety of foods can help you get all of the nutrients that are needed for good health.

These tips can help you get started:

- **Fill half your plate with fruits and veggies.** Get creative with produce by trying an assortment of colors and textures.
- **Experiment with different grains.** Try substituting whole grains for refined grains in recipes.
- **Choose lean protein foods.** Vary your choices to include seafood, beans, peas and lentils, as well as eggs, lean cuts of meat and poultry that are prepared in a healthful way, such as baked or grilled instead of fried.
- **Complete your meal with dairy.** Include low-fat or fat-free options like milk, yogurt, cheese, calcium-fortified soymilk, or lactose-free milk.

A healthful eating style can be as unique as you!



Meal Planning Tips

Eating healthy doesn't have to be complicated or boring. Think about the foods you like from each food group – mixed dishes count, too!

These are just a few examples of how different foods can be eaten as a meal to personalize your plate. If a food you enjoy is not listed here, consider which food group it meets when planning your meals.

Breakfast:

- Arroz caldo (chicken and rice porridge with ginger and garlic) with boiled egg, sautéed leafy greens, and fruit
- Papaya, dried fish, tomatoes, steamed brown rice and glass of milk or soymilk
- Kare-kare (beef oxtail soup with peanut butter and vegetables) with steamed brown rice and mango
- Pancit bihon (sautéed vegetables, rice noodles with prawns or chicken) and extra vegetables
- Munggo gisado (mung bean stew with leafy greens and seafood) with extra vegetables, steamed brown rice and a banana

Lunch or Dinner:

- Chicken adobo (chicken marinated in soy sauce and vinegar) with brown rice, cucumber relish and sautéed eggplant
- Tinola chicken (chicken soup with green papaya, leafy greens and ginger) with mashed cassava and a side of fresh fruit
- Ginisang gulay (sautéed vegetables), with shrimp, steamed brown rice and melon
- Pinakbet (vegetable stew with long beans, bitter melon, eggplant, squash and okra) served with whole grain noodles
- Paksiw na isda (stewed fish and vegetables) served over brown rice with a side of pineapple

Snacks:

- Boiled kamote (yams) and glass of milk or soymilk
- Fresh fruit and yogurt

Consider your nutrient needs when planning your meals and snacks!

If you have special nutrition needs, consult a registered dietitian nutritionist. An RDN can create a customized eating plan that is unique to you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

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